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IDENTIFY • Read this article about sleep disorders. Circle all the reporting verbs. Underline once all the direct imperatives. Underline twice all the indirect imperatives.

Tossing and Turning

BY CONNIE SUNG

Can't sleep? You're not alone. Millions of people are up tossing and turning instead of getting their zzzz's. Dr. Ray Thorpe, Director of the Sleep Disorders Clinic, says, "Don't think that loss of sleep is just a minor inconvenience." During an interview he told me to think about what can happen if people drive when they're tired. Every year up to 200,000 car accidents are caused by drowsy drivers. Then he asked me to think about a recent industrial disaster. Chances are that it was caused at least in part by sleep deprivation.

Being an insomniac myself, I asked Dr. Thorpe for some suggestions. He told me to stop drinking coffee. He said to have a warm glass of milk instead. "A lot of old-fashioned remedies work. Have a high-carbohydrate snack like a banana before you go to bed," he said. But he advises patients not to eat a heavy meal before turning in for the night. What about exercise? "Regular exercise helps, but don't exercise too close to bedtime," he suggested. Finally, he told me not to despair. "Don't worry about not sleeping. It's the worst thing to do," he said. I don't know. After thinking about those industrial accidents, I doubt I'll be able to sleep at all!

2

CHOOSE • Connie Sung visited Dr. Thorpe's sleep clinic. Complete her notes with the correct words in parentheses.

Last week I visited the sleep clinic. Dr. Thorpe called and asked me to arrive at 8:30 2. (tonight / that night). He 3. (said / told) me to bring 4. (my / your) nightshirt and toothbrush. I arrived on schedule. The technician, Juan Estrada, invited me 5. (watch / to watch) TV in the lounge. He 6. (said / told) to relax 7. (here / there) while they got my room ready. An hour later, Juan came back and got me ready to sleep. He attached electrodes to my body and hooked me up to a machine. "Could you please 8. (explain / to explain)?" I asked. The machine records brain activity. Juan instructed me 9. (don't / not to) leave the bed until 10. (tomorrow / the next) morning. To my surprise, I fell asleep right away. In the morning, Dr. Thorpe told me that except for some leg movements during the night, I have healthy sleep patterns. He advised me 11. (get / to get) some more exercise.