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The Snooze News

In today's TV program - "Here's to Your Health!"- Connie Sung is talking to Dr. Ray about insomnia. Dr. Ray is the director of the Sleep Disorders Clinic.

Connie starts off by asking what the big deal is about losing a little sleep. Dr. Ray makes a valid point by saying that the biggest industrial disasters happened partly because of sleep deprivation and then adds that 200,000 automobile accidents are caused by drowsy drivers.

Connie feels how widely it affects us and moves the conversation to the personal level and asks for advice on how to sleep well. The first thing Dr. Ray needs to know is patient's habits. He says drinking and smoking have negative effects on our sleeping. He also reminds us that smoking and drinking are also bad for our general health. Connie asks, "What about the old-fashioned remedies like warm milk?" The doctor says that they do make sense but we need to bear in mind that it's important not to have a heavy meal before going to bed.

When it comes to exercising, Dr. Ray says exercising helps sleep better, but it's not recommended within three hours of bedtime. Connie tells a funny memory about his childhood that his mother would ask him to scrub the floor if he wouldn't sleep. Interestingly, the program's guest agrees with that and says that in order to escape from doing chores, a lot of people go to sleep.

Finally, the doctor says to Connie, "If you still have problems after following the tips you can spend a night at our sleep clinic where we are able to monitor our patients through the night using electronic equipment." Connie says he might want to go there sometime.

1. What is the name of the program?

It is "Here's to your Health!"

2. Who is the guest of the program and what is he going to talk about?

It's Dr. Ray Thorpe and he's going to talk about insomnia.

3. What were the biggest industrial disasters that people could remember caused by?

Usually it was caused at least in part by sleep deprivation.

4. How many automobile accidents are caused by drowsy drivers every year?

Up to 200,000 automobile accidents are caused by drowsy drivers.

5. What is Dr. Thorpe's first advice if someone goes to his clinic?

If they smoke or drink, he tells them to stop.

6. What does the program's guest think about home remedies?

He thinks they do make sense.

7. What does the doctor tell his patients to have before they go to bed?

He tells them to have a high-carbohydrate snack like a banana before they go to bed.

8. Should we eat a heavy meal before bed?

No, we shouldn't. Dr. Thorpe would advise us not to have a heavy meal before bed.

9. What happens when Connie exercises at night?

When he exercises at night, he can't get to sleep.

10. What does the doctor think about exercising?

He thinks it helps us sleep better, but we shouldn't exercise within three hours of bedtime.

11. What should one do if they try the remedies and they still have difficulty getting to sleep?

They should spend a night at their clinic.

12. What do they do at the clinic?

They have electronic equipment and they can monitor the patient through the night.