

Simplified Speech #043 – Sleep tips

Episode description

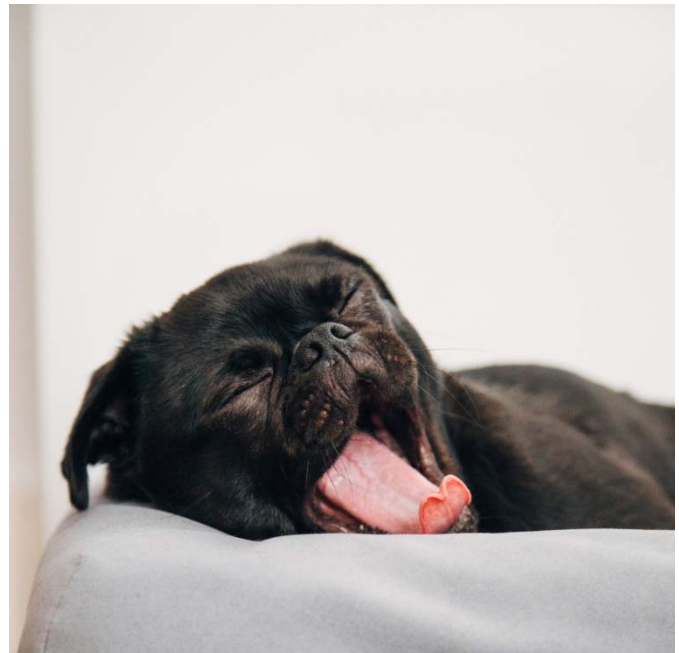
Who doesn't love sleep? In this Simplified Speech episode, Andrew and Jeremy talk about sleep patterns and helpful tips for getting a better night's sleep.

Fun fact

Did you know that 12% of people dream entirely in black and white? Also, the longest recorded period of no sleep was made by Randy Gardner in 1964. He went 11 whole days without sleeping!

Expressions included in the study guide

- Deep sleeper/light sleeper
- I'm with you 100%
- Gotta run
- Check it out
- A [something] thing



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

Andrew: You're listening to the Culips English podcast. To download the study guide for this episode, which includes the transcript, detailed vocabulary explanations, real-world examples, and a quiz, visit our website, Culips.com, C-U-L-I-P-S.com.

Hello, everybody. My name is Andrew.

Jeremy: And I'm Jeremy.

Andrew: And you're listening to Culips.

Jeremy, how's it going?

Jeremy: It is going well today. Really, every day is going well for me, because if it wasn't, I wouldn't say so. So, everything is going well. How about you, Andrew?

Andrew: I'm doing well, as well. But I have to say that I like that attitude. Usually when people ask me how's it going, even if I'm having a terrible, terrible day, I lie and say, oh it's great, I'm doing well. But you're more honest than I am.

Jeremy: Yeah, is that **a Canadian thing**? Canadian people seem to always be very positive.

Andrew: PMA. Positive mental attitude. I think there's something to that idea, that a positive attitude can affect your mood even if you're not feeling so good.

Jeremy: Smile at everything, right? That's good life advice.

Andrew: Jeremy, today we are going to talk about sleep.

Jeremy: Sleep.

Andrew: Sleep. So we'll do a Simplified Speech episode today. And for all the listeners out there that don't know, Simplified Speech is our series that's really targeted at high beginners and intermediate-level learners. And we have totally natural, unscripted conversations, but we speak at a slightly slower pace than we would do in our everyday lives.

Jeremy: True.

Andrew: Yes, and we do have a study guide for this episode that's available for download on our website, Culips.com. So for anyone who would like to go a little bit deeper in their English studies, we recommend that you visit Culips.com and download the study guide. They're awesome and you can see some free samples and examples of what's in the study guide by visiting Culips.com. So definitely **check those out**.

OK, Jeremy, time to talk about sleep. You were joking before we started recording here that you are qualified to talk about this topic.

Jeremy: Yes. At least more qualified than talking about the World Cup.

Andrew: Right, which we did several episodes ago.

Jeremy: Yes.

Andrew: And that's because you sleep every night. Are you a **deep sleeper**? Do you get a high-quality sleep?

Jeremy: Well, I definitely think I am a **light sleeper**.

Andrew: OK.

Jeremy: More than most, but more recently I have been getting better sleep than I did in my younger years. What about you?

Andrew: You know, the reason that I wanted to talk about sleep today is because, maybe over the last year or so, I've noticed my sleep patterns change a lot. I went from being a **deep sleeper** and someone who could sleep all the way through the night and easily sleep for 8 hours a day, no problems, to being someone who's quite a **light sleeper**. And I struggle to get more than 6 hours of sleep a day. Even though I want to sleep more, it's a real, real struggle to be able to get more sleep.

Jeremy: I wonder why that is?

Andrew: I don't know. Some of my friends have said that I'm doing too many things and I have too many things on my mind. That might be part of it, it might be psychological, it might also be physiological, physiological.

Jeremy: Body related.

Andrew: Yeah, related to my body because I'm getting older, and I think this is a natural process of aging, is that as you get older, your body requires less sleep. Maybe it doesn't require less sleep, but I know when I think about my grandparents when I was younger, they sleep for like 4 hours a day.

- Jeremy: Yeah.
- Andrew: They would wake up at, like, 4 a.m. and take a walk and read the newspaper and eat breakfast all by the time that I would wake up at 7:00 to go to school.
- Jeremy: Same here.
- Andrew: It could be psychological, could be physiological, I'm not exactly sure.
- Jeremy: Have you heard about the blue light thing?
- Andrew: Yeah, I've heard about this. But I'm sure there's some listeners out there that don't know. Do you want to explain that?
- Jeremy: Sure, these days, people use smartphones or computers or TVs to watch different things. And often at night, people watch something and there is what they call blue light. It's not actually blue, it doesn't look blue, but it is essentially bright light. And this bright light sends a signal to the brain through your eyes saying, hey, it's daytime, wake up. There's bright light here, it's not time to sleep. So when you watch something late at night and then try to go to sleep right after that, usually it is very hard to sleep. Your brain is still awake, it's still—your thoughts are still happening very quickly, your brain is very active. So, sleep does not come. And sometimes, you know, when I was a kid, I did this a lot, I would watch TV or go on the computer until right before I went to bed, and sometimes I would lay in my bed for hours without sleeping.
- Andrew: Right, right.
- Jeremy: I couldn't sleep; I was so awake. So now I respect this natural rhythm and, before I go to sleep, I do not look at any bright lights, only dim lights like maybe candles, or I have a red light in my room. Red light has the opposite effect; it tells your brain that it's sunset. It's time to sleep, it's time to calm down. And since I started doing that, my sleep has improved a lot. A lot, actually.
- Andrew: Yeah, **I'm with you 100%** on the blue light reduction thing. I have programs on my phone and my computer to eliminate the blue light at night. I turn off all the lights in my apartment, once the sun sets.
- Jeremy: Nice.
- Andrew: I've hung up an extra curtain over top of my curtains to block out all the street light, and I wear a sleep mask at night.
- Jeremy: Wow.

Andrew: Because I think that the light has really been affecting me. Once I learned about this idea, that blue light can affect our sleep, I thought maybe that's why I'm only sleeping 6 hours a night, is because the light is messing with my brain. But, it hasn't really helped at all.

Jeremy: Really?

Andrew: Hasn't helped, but what can you do?

Jeremy: Well, I guess we will have to leave this one to our listeners and see if they find this tip helpful. Maybe they could even let us know in a comment on the Culips Facebook page or on Twitter.

Andrew: Yeah, absolutely.

Jeremy, I know you **gotta run**, so we'll wrap it up here. But, once again, guys, the study guide is available on our website, Culips.com, so check out the website and give it a download.

We'll talk to you next time, everybody. Bye.

Jeremy: Sleep well, everyone. Bye for now.

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Detailed Explanations

Deep sleeper/light sleeper

Noun

A **deep sleeper** is someone who sleeps well and does not wake up easily; another name for this is a heavy sleeper or a good sleeper. Conversely, a **light sleeper** is someone who has trouble staying asleep; the slightest noise causes them to wake up.

In this episode, both Jeremy and Andrew say they are **light sleepers**. Andrew says that when he was young, he could sleep easily for 8 hours a day, but now he struggles to get even 6 hours of sleep before he wakes up. Since sleep is such an important part of life, **light sleepers** probably feel a lot of envy towards **deep sleepers** for their ability to sleep so well!

Here are a couple more examples with **deep sleeper/light sleeper**:

Victor:	Mischa, wake up. Come on, wake up. WAKE UP!
Mischa:	Ugh. I hate mornings. What time is it?
Victor:	It's hardly even morning—it's practically the afternoon. It's 11:30 already. I've been trying to wake you for 30 minutes!
Mischa:	Ah, right. I forgot to mention. I'm a bit of a deep sleeper .
Victor:	A bit? You sleep more deeply than a bear in winter.

Ayala:	I am so tired these days. The baby just won't sleep through the night.
Yael:	Yes, babies tend to be quite light sleepers when they are young.
Ayala:	The slightest noise and she's wailing to be held and fed. It takes me an hour to get her to go back to sleep each time.
Yael:	Have you considered using a sound machine? Play some ocean waves or white noise. I guarantee it'll help.
Ayala:	OK, I'm willing to try anything at this point. Thanks.

I'm with you 100%

Phrase

I'm with you means to agree with someone, and when you add 100%, it means you completely or totally agree with someone. Therefore, **I'm with you 100%** means that you completely agree with someone's idea. Similar sayings include "I completely believe in you," "I trust you," or "I completely agree."

Here are a couple more examples with **I'm with you 100%**:

Edmond:	My wife keeps nagging me to build a treehouse for the kids. I don't mind doing it, but I'm really tired after work. I just want to relax on my weekends, you know?
Rafael:	I'm with you 100% , buddy. Married life is hard. In my opinion, though, you should just build the treehouse. The kids will love it, the wife will be happy, and you'll feel a sense of pride every time they play in it. How about that?
Edmond:	Hmm. You've got a good point. All right, I'll start this weekend.
Rafael:	Tell ya what. How about I come over with a couple of beers? We can work on it together. It'll be fun.
Edmond:	I like the way you think, my friend.

Sherry:	Oh, Melody. What if this isn't such a good idea? Do you really think we can start our own business?
Melody:	Of course. Don't worry, I'm with you 100% . You make wonderful cakes and I'm an amazing assistant. We will be an instant success.
Sherry:	I wish I had your unending optimism. I can only imagine all of the things that could go wrong.
Melody:	That's why we're such great partners. I imagine all of the things that will go right. Perfect teamwork!

Gotta run Idiom

Gotta run literally means “got to run” or, in other words, “I have to go.” People use this phrase when they can’t stay any longer, and are letting others know that they are leaving. In this episode, Andrew says he knows Jeremy has **gotta run**, so he ended the episode. In other words, Jeremy had to leave, so they ended the episode.

Here are a couple more examples with **gotta run**:

Jean: Wanna play another round of cards before you go?

Michael: No, it’s late. I **gotta run**. I have an early practice in the morning.

Jean: No problem. See ya later.

Marie: Oh, look at the time! I’ve really **gotta run**.

Adalene: Oh, so soon? I didn’t get to tell you about the picnic on Saturday.

Marie: Next time, darling. Like I said, I’ve really **gotta run**. I’ve got to be across town in 20 minutes!

Adalene: All right. At least take some cookies for the road. Bye!

Check it out

Phrase

Check it out means to take a look at something. Usually, it's a phrase used to direct someone's attention to something. For example, in this episode, Andrew says the Culips study guides are really helpful and you should **check them out**. He wants you to look at the study guides, so he asks you to **check them out**. **Check it out** is a more colloquial way of saying, "Look at that" or "You should look at this."

Here are a couple more examples with **check it out**:

Drake:	Dude, check it out! There's an old man over there doing flips on his skateboard.
Josh:	Wow, cool! That grandpa's got serious skills.
Drake:	Yeah, tell me about it. I wonder if we'll be able to do that at his age.
Josh:	Ha. I just hope I'll be able to walk without a cane at his age. He's a legend.

Jasmine:	OK, everyone. Thank you for watching this week's episode of Cooking Class for a Classy Lass. Don't forget to subscribe to my channel. If you're interested in printing a text version of the recipe you saw in this video, check it out in the link below. As always, see you next time and have a wonderful Wednesday.
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A [something] thing

Noun

A [something] thing is a noun used to describe certain characteristics that are associated with [something]. **A [something] thing** is best described with multiple examples. In this episode, Jeremy asks if being positive is **a Canadian thing**. Stereotypically, Canadians are considered to be very friendly and honest; this is a characteristic of their culture, and therefore it is their thing.

Men's obsession with sports can be called **a guy thing**, while women's love for shopping and makeup is **a girl thing**. People loving Star Wars is **a nerd thing**, and many people say that being obese and talking too loudly is **an American thing**. Any stereotypical characteristic that describes [something] is known as **a [something] thing**.

Here are a couple more examples with **a [something] thing**:

Angie:	Why are you dating that girl? She is such a jerk and treats you like garbage.
Ben:	Because she's hot.
Angie:	So what? Do you even have anything to talk about?
Ben:	We don't need to talk. She's got a great body, that's all that matters. It's a guy thing . You wouldn't understand.
Angie:	Yeah, OK. I'm going to mention this when you come complaining to me about her 2 weeks from now.

Kali:	Guess what time my son woke up today.
Imani:	Um, I don't know. 10:00.
Kali:	No, 2:00 in the afternoon! Do you remember the last time you slept past 9:00?
Imani:	Ah, the beauty of youth. It's just a teenager thing . He'll grow out of it.
Kali:	I sure hope so. It's such a waste of the day.

Quiz

1. What is a similar meaning for the phrase I gotta run?

- a) I have to exercise
- b) I need to go faster
- c) I have to leave
- d) I made a mistake

2. What does Jeremy say is a Canadian thing in this episode?

- a) Being positive
- b) Being a deep sleeper
- c) Being a light sleeper
- d) Being greedy

3. What is the opposite of a light sleeper? Select all that apply.

- a) A deep sleeper
- b) A dark sleeper
- c) A bad sleeper
- d) A heavy sleeper

4. What is the meaning of I'm with you 100%?

- a) I will stay with you always
- b) I completely agree
- c) I will give you 100% of my effort
- d) I paid you all of the money

5. What is another way to say check it out?

- a) Pay for it
- b) Look at it
- c) Ignore it
- d) Remember it

Writing or Discussion Questions

1. Are you a deep sleeper or a light sleeper? Has this changed as you got older?
2. Do you usually dream, or do you usually have a dreamless sleep? Describe one of your most interesting dreams.
3. What is one thing you do to help you sleep better at night? Is it helpful?
4. Would you consider yourself an early bird (someone who wakes up early) or a night owl (someone who stays up late)? Why?

Quiz Answers

1.c 2.a 3.a,d 4.b 5.b

Episode credits

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