

## Internet or sleeping

### Vocabulary

1. **Searching** - examining carefully or thoroughly.

Sample sentence: **The police are searching for clues.**

2. **Suggest** - Make a proposal, declare a plan for something

Sample sentence: **The architect suggested that the building be restored.**

3. **Anxiety** - distress or uneasiness of mind caused by fear of danger or misfortune.

Sample sentence: **Students often experience anxiety before a test.**

4. **Syndrome** - Pathology, Psychiatry. A group of symptoms that together is characteristic of a specific disorder, disease, or the like.

Sample sentence: **The women who had no signs of metabolic syndrome lost a similar amount of weight using either dietary approach.**

5. **Panic** - An overwhelming feeling of fear and anxiety.

Sample sentence: **If you don't understand any of those terms above, don't panic.**

6. **particular** - First and most important.

Sample sentence: **she gets particular satisfaction from her volunteer work.**

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### Let's read

Where do you think we spend more time... by sitting in front of our computers and searching on the Internet or in our bed in a deep sleep?

New research suggests that one in four people spend more time online than in bed.

Sky Broadband Company that conducted the study reported that because more people are sick of the so-called e-anxiety syndrome. Those people panic or even fall into depression when they are not able to check their email or Facebook account.

It has been proven that men spend more time online than women. In particular, one of the four men a day spends six or more hours at the computer, while one in five women spend as much time on the Internet. One of three people a day is checking email more than 6 times.

It is particularly bad that people spend more time at the computer and less time to walking, socializing with friends and family, but also for a quality sleep.

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### Discussion A

1. How can you learn English through the Internet?

Do you take advantage of this?

2. Do you think that visiting different websites through the Internet is advisable for the children? Why?

### Discussion B

1. What keeps you awake at night? (e.g. worrying too much about stuff, too much coffee, your partner's snoring, your neighbors' parties, an uncomfortable bed, a hot summer)

2. Tell us about a memorable, enjoyable, or strange dream you've had?