

# 6A Music and emotion

## 1 VOCABULARY & PRONUNCIATION

music, words from other languages

a 329 Listen and match what you hear with a word in the list.

- ☐ a bass guitar ☐ a cello ☐ a choir ☐ a conductor ☐ drums ☐ an orchestra  
☐ a soprano ☐ a flute ☐ a violin ☐ a keyboard ☐ a saxophone

b 330 Listen and check. Practise saying the words. What other words do you know for instruments and musicians?

c Read the information box below. Then, in pairs, look at **Borrowed words related to music** and try to pronounce them as they are pronounced in English. Underline the stressed syllable.

### Foreign words that are used in English

English has 'borrowed' many words from other languages, for example in the field of music from Italian, Greek, and French. The English pronunciation is often similar to their pronunciation in their original language, e.g. *ch* in words which come from Greek is /k/, e.g. *orchestra*.

#### Borrowed words related to music

From Italian cello /ˈtʃeləʊ/; concerto /kənˈtʃɜːtəʊ/  
mezzo-soprano /ˈmetsəʊ səˈprɑːnəʊ/

From Greek orchestra /ˈɔːkɪstrə/; choir /ˈkwaɪə/; chorus /ˈkɔːrəs/  
microphone /ˈmaɪkrəfəʊn/; rhythm /ˈrɪðm/; symphony /ˈsɪmfəni/

From French ballet /ˈbæleɪ/  
encore /ˈɒŋkɔː/; genre /ˈʒɒnrə/

d 331 Listen and check. How are the pink letters pronounced?

e With a partner, try to work out which language these words come from, and put them in the right columns. Do you know what they all mean?

architecture barista bouquet cappuccino chauffeur chef chic  
croissant fiancé graffiti hypochondriac macchiato paparazzi  
philosophy photograph psychic psychologist villa

From Italian

From Greek

From French

f 332 Listen and check. Practise saying the words.

## 2 SPEAKING

Ask and answer the questions with a partner.

### Your music

Do you have a favourite...?

- kind of music
- song
- piece of classical music (symphony, sonata, etc.)
- band
- solo artist
- composer
- conductor

Do you play a musical instrument?

YES

- What instrument, or instruments, do you play?
- How long have you been playing it?
- Have you had or are you having lessons?
- Can you read music?
- Have you ever played in a band / orchestra?

NO

- Have you ever tried to learn to play an instrument? Why did you stop learning?
- Is there an instrument you would like to learn to play?

Have you ever...?

- sung in a choir
- performed in front of a lot of people
- taken part in a musical talent contest

Concerts

- Have you been to a good concert recently?
- Which artist or band would you most like to see in concert?
- What's the best live concert you've ever been to?





### 3 READING

- a Think of a song or piece of music that you remember hearing and liking when you were a child. Where did you first hear it? How old were you? Why did you like it?
- b Look at the title of a newspaper article. Then read the article once. Why did the writer choose this title?

- c Read the first paragraph again. Find words or phrases meaning:

- 1 \_\_\_\_\_ completely
- 2 \_\_\_\_\_ behave in a way that makes other people think you are stupid
- 3 \_\_\_\_\_ started crying because of strong emotion
- 4 \_\_\_\_\_ not thinking that anything positive would happen
- 5 \_\_\_\_\_ a mixture of loud and unpleasant sounds

- d What kind of sounds do you think *whir*, *hum*, and *clacking* (line 10) are?

- e Read the rest of the article again. With a partner, and in your own words, say why the article mentions the following pieces of music or artists.

- 1 the *Lacrimosa* from Mozart's Requiem
- 2 the Rolling Stones, Michael Jackson, Sigur Rós, Radiohead, Elvis, and Pink Floyd
- 3 music from the fifties
- 4 Guillaume de Machaut's *Agnus Dei*
- 5 country music
- 6 Queen's *Bohemian Rhapsody*
- 7 Beethoven's Ninth Symphony and Sinatra's *Fly Me to the Moon*.
- 8 the Beatles
- 9 silence

- f Talk to a partner.

- Why do you think the journalist says that Austin's experience may help us understand more about musical taste?
- Imagine you were going to recommend music to Austin. Which...  
 song or piece of music  
 decade  
 composer  
 band  
 singer

would you suggest?

## What music would you play to an alien?

**'I can hear music for the first time ever,' wrote Austin Chapman, a 23-year-old film-maker from California. 'What should I listen to?'**

1 Austin, you see, was born profoundly deaf. For his whole life, music has been a mystery. 'I had seen people make a fool of themselves, singing or moving wildly on the dance floor,' he says. 'I had also seen people moved to tears by a song, which was probably the hardest thing for me to understand.' Then, just a few weeks ago, his parents suggested that he try a newly developed hearing aid that they had heard about. He went to the doctor's with no great expectations. But when the doctor switched on the hearing aid, he was stunned. 'I sat in the doctor's office, frozen as a cacophony of sounds attacked me. The whir of the computer, the hum of the air conditioning, the clacking of the keyboard, the sound of my friend's voice.' Austin could hear. And for the first time ever the world of music was open to him.

It didn't take him long to decide what to do: he was going to listen to music non-stop. Later that day, he heard his first piece, Mozart's beautiful *Lacrimosa* (from his Requiem), in a friend's car. He wept. So did everybody else in the car. The experience, he says, was 'like the first time you kiss a girl'. His friends went on to play him the Rolling Stones, Michael Jackson, Sigur Rós, Radiohead, Elvis, and Pink Floyd. But Austin knew that there was a vast universe of music to explore, so he decided to seek further help. He described his situation on reddit.com and so far, he's received more than 14,000 suggestions. As a strategy, he has decided to follow the advice of someone who posted this message on the site: 'This is like introducing an alien to the music of Earth. Once you've tired of classical, you could start with music from the fifties and progress through each decade. That way you can really see the growth of modern music.'



Austin Chapman

Austin adopted that system, but chose to start much earlier, with a piece by Guillaume de Machaut called *Agnus Dei*, from the 14th century. Currently, he's listening to four or five hours of music a day. As he had never heard music before Austin isn't influenced by nostalgia and, via the internet, he can listen to just about anything ever composed. Consequently his experience may help us to understand more about musical taste. So what has he been listening to? It seems that no one genre dominates (although he says he's not very keen on country music – too depressing). His favourite piece – for now – is Queen's *Bohemian Rhapsody*. He's also keen on Beethoven's Ninth Symphony and Frank Sinatra's *Fly Me to the Moon*. But so far he has not listened to the most recommended band, the Beatles. 'I'm waiting for a special occasion,' he says.

Austin is also learning how to hear. When we met at a café in West Hollywood, we took a table far from the street to avoid the background noise of traffic. The ability to ignore unwanted noise is something that will take him time. This may help explain why Austin says that 'silence is still my favourite sound. When I turn my hearing aid off, my thoughts become clearer; it's absolutely peaceful.'

Adapted from The Times



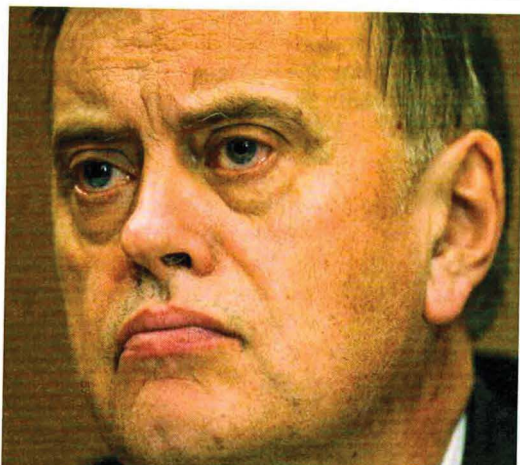


## 4 LISTENING & SPEAKING

- a 33))) Listen to some short pieces of music. How do they make you feel? Would you like to carry on listening?
- b 34))) Listen to John Sloboda, a music psychologist, talking about why we listen to music. Try to complete the notes below by writing key words or phrases. Then with a partner, try to remember as much as you can of what he said.

*Why do we listen to music?*

- 1 to make us...  
e.g.
- 2 to help us to...  
e.g.
- 3 to intensify...  
e.g.



- c 35))) Now listen to John explaining how music can affect the way we feel. Complete the notes below by giving examples. Then compare with a partner and try to remember what he said.

*How does music affect our emotions?*

*Three important human emotions*

- 1 happiness
- 2
- 3

*How we feel affects the way we speak, e.g.*

- 1 happy - speak faster / higher
- 2
- 3

*Music copies this, e.g.*

- 1 fast / high music makes us happy
- 2
- 3

*Examples (pieces of music)*

*Music that makes us feel*

- 1 happy, e.g.
- 2 angry, e.g.
- 3 sad, e.g.

*This is especially exploited in...*





d Talk to a partner. Ask for more details where possible.

- 1 On a typical day, when and where do you listen to music?
- 2 Do you listen to different kinds of music at different times of day?
- 3 What music would you play...?
  - if you were feeling sad and you wanted to feel more cheerful
  - if you were feeling down and you wanted to feel even worse
  - if you were feeling furious about something or somebody
  - if you were feeling stressed or nervous about something and wanted to calm down
  - if you wanted to create a romantic atmosphere for a special dinner
  - if you were feeling excited and were getting ready to go out for the evening
  - if you were falling in love

## 5 GRAMMAR gerunds and infinitives

a Look at some extracts from the listening. Put the verbs in brackets in the infinitive (with or without *to*) or the gerund (*-ing* form).

- 1 Firstly, we listen to music to make us \_\_\_\_\_ important moments in the past. (**remember**)
- 2 When we hear a certain piece of music we remember \_\_\_\_\_ it for the first time... (**hear**)
- 3 If we want \_\_\_\_\_ from one activity to another, we often use music to help us \_\_\_\_\_ the change. (**go, make**)

b 3 36))) Listen and check.

c Look at two sentences with the verb *remember*. Which one is about remembering the past? Which one is about remembering something for the future?

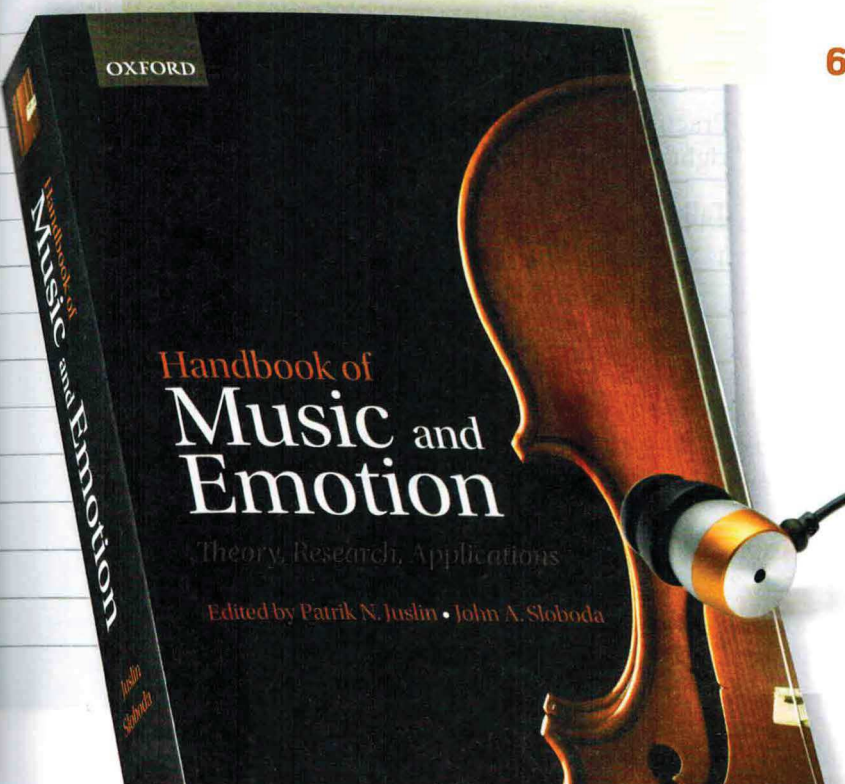
- 1 I remember meeting him for the first time.
- 2 Please remember to meet him at the station.

d ► p.142 Grammar Bank 6A. Find out more about gerunds and infinitives, and practise them.

e Tell your partner one thing that...

- you'll never forget seeing for the first time
- you sometimes forget to do before you leave the house in the mornings
- you remember doing when you were under five years old.
- you must remember to do today or this week
- needs doing in your house / flat (e.g. the kitchen ceiling needs repainting)
- you need to do this evening
- you tried to learn but couldn't
- you have tried doing when you can't sleep at night.

## 6 3 39))) SONG Sing 🎵





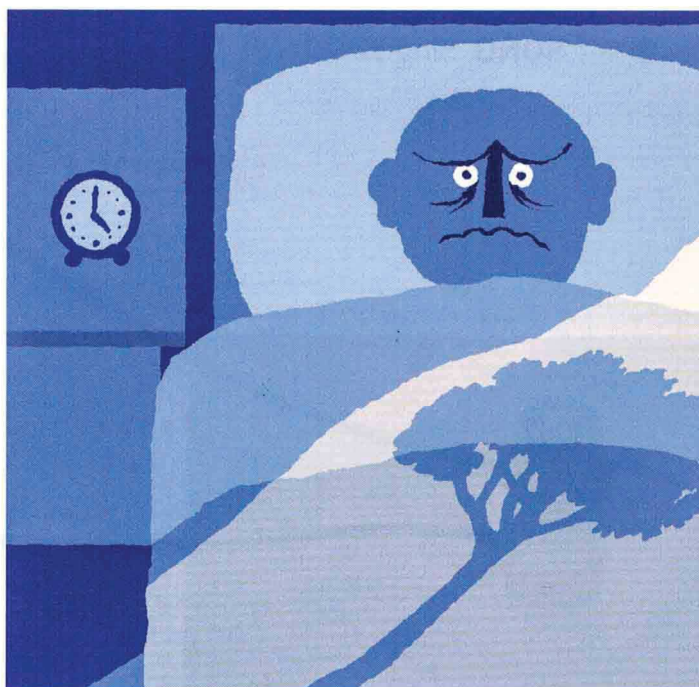
# 6B Sleeping Beauty

## 1 LISTENING & SPEAKING

- a Do you have problems sleeping? Why (not)?
- b 340, 41, 42)) You are going to listen to three people who have problems sleeping at night. Listen and take notes on what their problem is, and what has caused it. Compare with a partner and then listen again to complete your notes.

Speaker 1	Speaker 2	Speaker 3

- c Answer the questions with a partner.
- Do you usually sleep with your bedroom completely dark, or with the curtains or blinds open? Do you have problems sleeping if there is too much or not enough light for you?
  - Have you ever worked at night? Did you have any problems sleeping the next day? Why (not)? Do you think you would be able to work at night and sleep during the day?
  - Have you ever flown long haul? Where to? Did you get jet lag? How long did it take you to get over it?



## 2 GRAMMAR

*used to, be used to, get used to*

- a Look at some extracts from the listening. Match the highlighted phrases to their meanings 1–3. What form is the verb after a) *used to* b) *be* / *get used to*?
- ☐ In Spain I **always used to sleep** in complete darkness.
  - ☐ It's **very hard to get used to being** awake all night
  - ☐ And just when I'm **finally used to being on New York time**, then it's time to fly home.
- I usually did this in the past.
  - It's not a problem for me because it is now a habit.
  - It's a problem for me because it hasn't become a habit yet.
- b ➤ p.143 Grammar Bank 6B. Find out more about *used to, be used to* and *get used to* and practise them.

## 3 PRONUNCIATION

sentence stress and linking

- a 345 Listen and repeat three sentences. Notice the rhythm and how the words are linked.
- I'm used to working in a team.
  - I can't get used to driving on the right.
  - I used to get up at six o'clock every day.
- b 346 Now listen and write down three more sentences.
- c Practise saying the sentences quickly, getting the stress right and trying to link the words.
- d Talk to a partner. Ask for and give more information.
- When you were a child, did you use to...?
    - share a room with a brother or sister
    - have nightmares
    - wake up very early in the morning
  - Do you have problems if you have to sleep in a bed that you aren't used to sleeping in (e.g. in a hotel)?
  - Do you think you would find it difficult to get used to...?
    - getting up at 5.30 a.m. every day
    - only being able to sleep for six hours a night
    - not having breakfast in the morning



## 4 READING & SPEAKING

- a Read the introductory paragraph of *Three things you (probably) didn't know about sleep*. Do you know the answers to any of the questions?
- b Read **Living your dreams** and mark the sentences **T** (true) or **F** (false). Underline the part of the text that gave you the answer.
- 1 When we have a 'lucid' dream we know that we're dreaming.
  - 2 In a 'lucid' dream the person who is dreaming can never change what is happening.
  - 3 Gamers may be able to control their dreams because dreams are similar to computer games.
  - 4 The reason we have nightmares may be to prepare us for certain dangerous situations.
  - 5 Video gamers have more nightmares than non-gamers because they don't experience dangerous life-threatening situations.
  - 6 Video gamers are braver in their dreams than non-gamers.
- c ► **Communication** *Three things you (probably) didn't know about sleeping*. **A** *Sleeping Beauty* p.106 **B** *How our ancestors used to sleep* p.111. Tell your partner some more interesting facts about sleep.
- d In pairs see if you can remember some of the words and phrases from the articles you have read or heard.

### Vocabulary Quiz

- 1 a medical condition, often an unusual one: a \_\_\_\_\_
  - 2 an adjective meaning staying faithful to somebody and supporting them: \_\_\_\_\_
  - 3 an adjective often used with sleep. A person who is in a ~ sleep is difficult to wake: \_\_\_\_\_
  - 4 a hundred years, e.g. from 1900 to 2000: a \_\_\_\_\_
  - 5 the time in the evening when it becomes dark: \_\_\_\_\_
  - 6 the verb meaning to speak to God: \_\_\_\_\_
  - 7 the word for a person who plays a lot of video games: a video \_\_\_\_\_
  - 8 an adjective meaning clear, especially after a period of confusion: \_\_\_\_\_
  - 9 to change position so as to face the other way: \_\_\_\_\_
- e Answer the questions in pairs.
- 1 Do you play video games? Do you think it has any effect on the way you dream? Do you think it has any positive or negative effects on you?
  - 2 What do you think would be the worst thing for someone with Sleeping Beauty Syndrome?
  - 3 Do you think sleeping in two shorter periods is a better way of sleeping? Do you think it would suit you and your lifestyle?

## Three things you (probably) didn't know about



**Everybody loves it. Everybody needs it. No-one seems to get enough of it. We all know that most people need eight hours sleep, and that REM\* sleep is when you have most dreams, but here are three questions about sleep which you may not know the answer to:**

- How can video games help us control our dreams?
- What is Sleeping Beauty Syndrome?
- What did our ancestors use to do in the middle of the night (which we don't)?

### Living your dreams

A university psychologist in Canada believes that people who play video games are more likely to be able to control their own dreams. Jayne Gackenbach studied the dreams of regular video gamers and non-gamers and found that people who frequently played video games experienced 'lucid' dreams more often. A lucid dream is one in which we are aware that we are dreaming. In a lucid dream, the dreamer is sometimes able to control or influence what is happening to them in the dream – very similar to controlling the action of a character in a video game.

'Dreams and video games are both parallel universes,' says Gackenbach, 'Gamers spend hours a day in a virtual reality and they are used to controlling their game environments, and this seems to help them to do the same when they are dreaming.'

Gackenbach also discovered that video gamers have fewer nightmares than non-gamers. Some experts believe that we have nightmares to help us practise for life-threatening situations in a safe environment. Since video gamers already practise those situations regularly in games, Gackenbach's research suggests that video gamers may have less need of nightmares. But, interestingly, when gamers *do* have a nightmare they react differently to non-gamers: 'What happens with gamers,' says Gackenbach, 'is that when they have a frightening experience in a dream they don't run away like most of us do, they turn round and fight back.'

\*REM is an abbreviation for 'rapid eye movement'



## 5 LISTENING & SPEAKING

- a Look at the picture and the headline of the article. Why do you think the man cooks in the middle of the night?
- b (347)) Now listen to the first part of a radio programme and check your answers to a. What kind of things does he cook? Why is it a problem?
- c Read the newspaper article about Robert Wood. Can you remember any of the details about him? Try to complete the gaps with a word or words, then listen again to check.
- d You are now going to listen to the second half of the radio programme. Before you listen, work with a partner and discuss if you think the information in sentences 1–10 is **T** (true) or **F** (false).
- 1 A sleepwalker can drive a car while he is asleep.
  - 2 It is easy to know if someone is sleepwalking or not.
  - 3 About 8% of people sleepwalk from time to time.
  - 4 Sleepwalking is most common among young boys.
  - 5 Stress can cause people to sleepwalk.
  - 6 You should never wake up a sleepwalker.
  - 7 Sleepwalkers cannot hurt themselves.
  - 8 People usually sleepwalk for a short time.
  - 9 Sleepwalkers don't usually remember anything afterwards.
  - 10 Sleepwalking is no excuse if you commit a crime.
- e (348)) Listen once to check your answers. Then listen again and correct the false statements.
- f Have you ever sleepwalked or do you know anyone who sleepwalks? What do they do when they sleepwalk? Where do they go? Does anyone try to wake them up?

## The chef who cooks in the middle of the night



**ROBERT WOOD**, from Fife in Scotland, often gets up in the middle of the night and goes downstairs to the kitchen. Not surprising, you may think. He's probably hungry and looking for something to eat. But you'd be wrong. Robert starts cooking – and he does this while he is fast asleep.

Mr Wood, who is <sup>1</sup> \_\_\_\_\_ years old and a retired <sup>2</sup> \_\_\_\_\_, has been a sleepwalker for more than 40 years.

'The first time it happened I was <sup>3</sup> \_\_\_\_\_', he said. 'My parents heard me wandering downstairs in the middle of the night. Now I get up <sup>4</sup> \_\_\_\_\_ times a week and these days I usually head for the kitchen, although on other occasions I have also turned on the television very loudly and even filled <sup>5</sup> \_\_\_\_\_ with water.'

His wife Eleanor says that she often wakes up in the night when she hears her husband cooking downstairs. She has seen him laying the table and caught him making <sup>6</sup> \_\_\_\_\_ and spaghetti bolognese and even frying <sup>7</sup> \_\_\_\_\_. The couple say that because of Mr Wood's sleepwalking they only get a few hours' sleep a night and are getting worried that Robert could start a <sup>8</sup> \_\_\_\_\_ without realizing. 'I really am asleep and have no idea I am getting up,' said Mr Wood.

Mrs Wood says that although the food her husband cooks when asleep looks lovely, she has never eaten it. 'Every night, I think "Is Rob going to cook tonight?"'. The last time he was in the kitchen, he spilt milk all over the place.'

Adapted from The Guardian



## 6 VOCABULARY & SPEAKING sleep

- a **Vocabulary race.** In pairs, write the correct word from the list in the column on the right.

alarm blankets  
fast asleep  
keep you awake  
nap jet-lagged  
pillow log  
set sleeping tablets  
sleepy snore  
duvet fall asleep  
insomnia  
nightmares oversleep  
sheets  
siesta  
yawn

- 1 Most people start feeling ☐ around 11.00 at night. sleepy
- 2 They often open their mouth and ☐.
- 3 They go to bed and ☐ their ☐ (clock).
- 4 They get into bed and put their head on the ☐.
- 5 They cover themselves up with a ☐, or with ☐ and ☐.
- 6 Soon they ☐.
- 7 Some people make a loud noise when they breathe. In other words, they ☐.
- 8 During the night some people have bad dreams, called ☐.
- 9 If you don't hear your alarm clock, you might ☐.
- 10 If you drink coffee in the evening, it may ☐.
- 11 Some people can't sleep because they suffer from ☐.
- 12 These people often have to take ☐.
- 13 Some people have a ☐ or ☐ after lunch.
- 14 A person who sleeps well 'sleeps like a ☐.
- 15 Someone who is tired after flying to another time zone is ☐.
- 16 Someone who is sleeping very deeply is ☐.

- b **349)))** Listen and check.

- c Cover the column of words and test yourself.

- d Ask and answer the questions in pairs. A asks the blue questions, and B asks the red questions. Ask for and give as much information as possible.

Do you sometimes have problems getting to sleep? Do you take, or have you ever taken, sleeping pills? Do you have any tips for people who suffer from insomnia?

Do you prefer to sleep with a duvet or with blankets? How many pillows do you have? What temperature do you like the bedroom to be?

Do you find it difficult to sleep when you're travelling, e.g. in buses or planes? Is there any food or drink that keeps you awake, or that stops you from sleeping well?

Do you ever have a nap after lunch or during the day? How long do you sleep for? How do you feel when you wake up?

Do you often have nightmares or recurring dreams? Do you normally remember what your dreams were about? Do you ever try to interpret your dreams?

Have you ever stayed up all night to revise for an exam the next day? How well did you do in the exam?

Are you a light sleeper or do you sleep like a log? How do you usually wake up in the morning?

Do you have a TV or computer in your bedroom? Do you often watch TV before going to sleep? Do you ever fall asleep on the sofa in front of the TV?

Do you snore? Have you ever had to share a room with someone who snores? Was this a problem?

Have you ever fallen asleep at an embarrassing moment, e.g. during a class or in a meeting?

Have you ever overslept and missed something important? What was it?



### 334))

I think it's very interesting that human beings are the only animals which listen to music for pleasure. A lot of research has been done to find out why we listen to music, and there seem to be three main reasons. Firstly, we listen to music to make us remember important moments in the past, for example when we met someone for the first time. Think of Humphrey Bogart in the film *Casablanca* saying 'Darling, they're playing our song'. When we hear a certain piece of music, we remember hearing it for the first time in some very special circumstances. Obviously, this music varies from person to person.

Secondly, we listen to music to help us change activities. If we want to go from one activity to another, we often use music to help us make the change. For example, we might play a certain kind of music to prepare us to go out in the evening, or we might play another kind of music to relax us when we get home from work. That's mainly why people listen to music in cars, and they often listen to one kind of music when they're going to work and another kind when they're coming home. The same is true of people on buses and trains with their iPods. The third reason why we listen to music is to intensify the emotion that we're feeling. For example, if we're feeling sad, sometimes we want to get even sadder, so we play sad music. Or we're feeling angry and we want to intensify the anger then we play angry music. Or when we're planning a romantic dinner, we lay the table, we light candles, and then we think, 'What music would make this even more romantic?'

### 335))

Let's take three important human emotions: happiness, sadness, and anger. When people are happy they speak faster, and their voice is higher. When they are sad they speak more slowly and their voice is lower, and when people are angry they raise their voices or shout. Babies can tell whether their mother is happy or not simply by the sound of her voice, not by her words. What music does is it copies this, and it produces the same emotions. So faster, higher-pitched music will sound happy. Slow music with lots of falling pitches will sound sad. Loud music with irregular rhythms will sound angry. It doesn't matter how good or bad the music is, if it has these characteristics it will make you experience this emotion. Let me give you some examples. For happy, for example, the first movement of Beethoven's *Seventh Symphony*. For angry, say *Mars*, from *The Planets* by Holst. And for sad, something like Albinoni's *Adagio for Strings*.

Of course the people who exploit this most are the people who write film soundtracks. They can take a scene which visually has no emotion and they can make the scene either scary or calm or happy just by the music they write to go with it. Think of the music in the shower scene in Hitchcock's film *Psycho*. All you can see is a woman having a shower, but the music makes it absolutely terrifying.

### 340))

I Why do you have problems sleeping?  
S Well I'm Spanish but I moved to London a few years ago when I married a British woman. I've been living here for three years now. I have a lot of problems getting to sleep at night because our bedroom just isn't dark enough. I can't get used to sleeping in a bedroom where there's light coming in from the streetlights outside. In Spain I always used to sleep in complete darkness because my bedroom window had blinds and when I went to bed I used to close the blinds completely. But here in England our bedroom window just has curtains and curtains don't block out the light properly. It takes me a long time to get to sleep at night and I always wake up more often than I used to do in Spain.

I So why don't you just get thicker curtains?  
S Because my wife doesn't like sleeping in a completely dark room. She says that she feels claustrophobic if the room is too dark.

I Ah, yes, a lot of people do feel like that.

### 341))

I Why do you have problems sleeping?  
S Well, I'm a policeman and so I have to do shift work which means I work at night every other week, so I start work at 10 o'clock at night and finish at 6.00 in the morning the following day. The main problem is

that my body's used to sleeping at night, not during the day. So it's very hard to get used to being awake all night and trying to work and concentrate when your body is just telling you to go to bed.

I But isn't it something you get used to?  
S Actually no, because I work during the day for one week and then the next week I work at night which means that just when my body has got used to being awake at night then I go back to working in the day and then of course I can't get to sleep at night because my body thinks it's going to have to work all night. The other problem is that when I get home after working a night shift, everyone else is just starting to wake up so that means that it can be really noisy. The neighbours put the radio on, and bang doors and shout to wake their children up. So even though I'm really tired it's just very hard to get to sleep.  
I How many hours do you usually sleep?  
S Before I became a policeman I used to sleep about eight or nine hours a night but I think now I probably don't sleep more than six hours.

### 342))

I Why do you have problems sleeping?  
S I have a lot of problems sleeping because of jet lag. I have to travel a lot in my job and I take a lot of long haul flights. I fly to New York quite often and I arrive maybe at 6.00 in the evening my time, but when it's only one o'clock in the afternoon in New York. So at 5.00 in the afternoon local time, I'll be feeling tired and ready for bed because it's my bed time. But I can't go to sleep because I'm probably still working or having dinner with my American colleagues. Then when I do finally get to bed at say midnight local time, I find that I wake up in the middle of the night because my body thinks that it's morning because it's still working on UK time.

I And can you get back to sleep when you wake up?  
S No, that's the problem I can't get back to sleep. And then the next day when I have meetings I feel really sleepy. It's very hard to stay awake all day. And just when I'm finally used to being on New York time, then it's time to fly home. And flying west to east is even worse.

I Oh! Why's that?  
S Because when I get off the plane it's early morning in the UK. But for me, on New York time, it's the middle of the night. It takes me four or five days to recover from one of these trips.

I Gosh, that must be really difficult for you.

S Yes it is.

### 347))

Presenter And finally today the story of a sleepwalker from Fife in Scotland who gets up in the middle of the night and goes to the kitchen and starts...you've guessed it, cooking. Robert Wood, who's 55 years old, used to be a chef until he retired last year. We have Robert and his wife, Eleanor, with us in the studio today. Robert, tell us what happens.

Robert Well, I've been a sleepwalker for about 40 years now. I think it first started when I was about 14 or so. Anyway these days I get up about four or five times a week and I always end up in the kitchen and I start cooking something.

Presenter Do you always cook?

Robert No, not always. I've done other things, too. I remember once I put the TV on - at full volume - and once I filled the bath with water, although I didn't get in it. But I usually cook.

Presenter Eleanor, do you wake up when this happens?

Eleanor Yes, I usually wake up because he's making a noise. I go downstairs and usually I find him in the kitchen. Once he was just laying the table but other times he's been cooking.

Presenter What sort of things does he cook?

Eleanor All sorts of things. I've caught him cooking omelettes and spaghetti bolognese, and I even caught him frying chips once. That was a bit scary because he could easily have burnt himself or started a fire.

Presenter Do you ever eat the things that Robert cooks?

Eleanor No. It always looks lovely but I must admit I've never tried it - not at three o'clock in the morning. And the trouble is he always leaves the kitchen in a terrible mess. The last time he sleepwalked he spilt milk all over the place.

Presenter So, Robert, you have no idea that you're cooking?

Robert No, I haven't. I really am asleep and afterwards I just have no recollection of having cooked anything.

Presenter You're getting some help to see if you can cure your sleep walking, aren't you?

Robert Yes, I've been going to a sleep clinic in Edinburgh where they think they'll be able to help me.

Presenter Well good luck with that, and thank you both for coming into the studio today. Now we're going to a break, but join us again in a few minutes.

### 348))

Presenter We've been talking to Robert, the sleepwalking cook and his wife, Eleanor. And we're now joined by Professor Maurice from Rochester, New York, who is an expert in sleepwalking. Hello. Welcome, Professor Maurice, does this story surprise you?

Professor No, it doesn't, not at all. I've treated people who have driven cars, ridden horses, and I had one man who even tried to fly a helicopter while he was asleep.

Presenter Do people usually have their eyes open when they sleepwalk?

Professor Yes, sleepwalkers do usually have their eyes open. That's why sometimes it's difficult to know if someone is sleepwalking or not.

Presenter How common is sleepwalking?

Professor More common than you might think.

Research shows that about 18 per cent of the population have a tendency to sleepwalk. But it's much more common in children than in teenagers or adults. And, curiously, it's more common among boys than girls. Adults who sleepwalk are normally people who used to sleepwalk when they were children. They might do it after a stressful event, for example, after a traffic accident.

Presenter People always say that you should never wake a sleepwalker up when they're walking. Is that true?

Professor No, it isn't. People used to think that it was dangerous to wake up a sleepwalker. But in fact this isn't the case. You can wake a sleepwalker up without any problem, although if you do, it is quite common for the sleepwalker to be confused, so he or she probably won't know where they are for a few moments.

Presenter So, if we see someone sleepwalking, should we wake them up?

Professor Yes, you should remember that another of the myths about sleepwalkers is that they can't injure themselves while they are sleepwalking. But this isn't true. If a sleepwalker is walking around the house, they might trip or fall over a chair or even fall down stairs. There was a case a while ago of a nine-year-old girl who opened her bedroom window while she was sleepwalking and fell 30 feet to the ground. Luckily, she wasn't seriously injured. So you see, Eleanor, you're quite right to worry that Robert might burn himself when he's cooking. You need to wake him up and get him back to bed.

Presenter How long does sleepwalking usually last?

Professor It can be very brief, for example, a few minutes. The most typical cases are people getting up and getting dressed, or people going to the bathroom. But it can occasionally last much longer, maybe half an hour or even more, as in Robert's case.

Presenter And what happens when sleepwalkers wake up? Do they remember the things they did while they were sleepwalking?

Professor No, as Robert says, a sleepwalker usually doesn't remember anything afterwards.

Presenter So, is a sleepwalker responsible for his or her actions?

Professor That's a very good question, actually. A few years ago a man from Canada got up in the middle of the night and drove 20 miles from his home to the house where his parents-in-law lived and, for no apparent reason, he killed his mother-in-law. The man was charged with murder but he was found not guilty because he had been asleep at the time he committed the crime.

### 42))

Conversation 1

Female student Where's my milk? It's not here.

Male student I haven't seen it. You must have finished it.



# 6A

## gerunds and infinitives

verbs followed by the gerund and verbs followed by the infinitive

- 1 I **enjoy listening** to music. I **couldn't help laughing**. (3 37))
- 2 I **want to speak** to you. They **can't afford to buy** a new car.
- 3 It **might rain** tonight. I'd **rather eat in** than go out tonight.

When one verb follows another, the first verb determines the form of the second. This can be the gerund (verb + -ing) or the infinitive (with or without to).

- 1 Use the **gerund** after certain verbs and expressions, e.g. *enjoy, can't help*.
  - When a phrasal verb is followed by another verb, the verb is the **gerund**, e.g. *carry on, keep on, give up, look forward to*, etc.
- 2 Use the **infinitive (with to)** after certain verbs and expressions, e.g. *want, afford*.
- 3 Use the **infinitive (without to)** after modal verbs and some expressions, e.g. *might, would rather*, and after the verbs *make* and *let*.
  - In the passive, *make* is followed by the infinitive with *to*. Compare *My boss makes us work hard*. *At school we were made to wear a uniform*.

► p.164 Appendix Verb patterns: verbs followed by the gerund or infinitive

### like, love, hate, and prefer

*like, love, hate, and prefer* are usually used with the gerund in British English but can also be used with the infinitive.

We tend to use the gerund when we talk generally and the infinitive when we talk specifically e.g.

*I like swimming* (general)

*I like to swim first thing in the morning* when there aren't many people there (specific)

*I prefer cycling to driving* (general)

*You don't need to give me a lift to the station*. I prefer to walk (specific)

When *like, love, hate, and prefer* are used with *would*, they are always followed by *to* + infinitive, e.g. *I'd prefer to stay at home tonight, I'd love to come with you*.

verbs that can be followed by either gerund or infinitive with *to*

- 1 It **started to rain**. It **started raining**. (3 38))
- 2 **Remember to lock** the door.  
I **remember going** to Venice as a child.  
Sorry, I **forgot to do** it.  
I'll never **forget seeing** the Taj Mahal.  
I **tried to open** the window.  
**Try calling** Miriam on her mobile.  
You **need to clean** the car.  
The car **needs cleaning**.

- 1 Some verbs can be followed by the gerund or infinitive (with *to*) **with no difference in meaning**. The most common verbs like this are *start, begin, and continue*.
- 2 Some verbs can be followed by the gerund or infinitive (with *to*) **with a change of meaning**.
  - *remember* + infinitive = you remember first, then you do something. *Remember* + gerund = you do something then you remember it.
  - *forget* + infinitive = you didn't remember to do something.  
*forget* + gerund = You did something and you won't forget it. It is more common in the negative.
  - *try* + infinitive = make an effort to do something.  
*try* + gerund = experiment to see if something works.
  - *need* + gerund is a passive construction, e.g. *needs cleaning* = needs to be cleaned NOT *needs to clean*.

- a Complete with a gerund or infinitive with *to* of a verb from the list.

carry call come do drive eat out go out take tidy wait work

I'm exhausted! I don't fancy going out tonight.

- 1 I suggest \_\_\_\_\_ a taxi to the airport tomorrow. It'll be much quicker.
- 2 Even though the snow was really deep, we managed \_\_\_\_\_ to the local shop and back.
- 3 We'd better \_\_\_\_\_ some shopping – there isn't much food for the weekend.
- 4 I'm very impatient. I can't stand \_\_\_\_\_ in queues.
- 5 I wasn't well and a young man offered \_\_\_\_\_ my bags.
- 6 My parents used to make me \_\_\_\_\_ my room.
- 7 We threatened \_\_\_\_\_ the police if the boys didn't stop throwing stones.
- 8 Do you feel like \_\_\_\_\_ to the gym with me?
- 9 I'd prefer \_\_\_\_\_ instead of getting a takeaway.
- 10 I don't mind \_\_\_\_\_ late tonight if you want me to.

- b Circle the correct form.

Your hair needs cutting / to cut. It's really long!

- 1 I'll never forget to see / seeing the Grand Canyon for the first time.
- 2 I need to call / calling the helpline. My computer has crashed.
- 3 Have you tried to take / taking a tablet to help you sleep?
- 4 I must have my keys somewhere. I can remember to lock / locking the door this morning.
- 5 I had to run home because I had forgotten to turn / turning the oven off.
- 6 Our house needs to paint / painting. Do you know any good house painters?
- 7 Did you remember to send / sending your sister a card? It's her birthday today.
- 8 We tried to learn / learning to ski last winter, but we weren't very good at it.

◀ p.57



# 6B

## GRAMMAR BANK

### used to, be used to, get used to

#### used to / didn't use to + infinitive

- 1 I **used to sleep** for eight hours every night, but now I only sleep for six. (3 43))  
I didn't recognize him. He **didn't use to have** a beard.
- 2 When I lived in France as a child we **used to have** croissants for breakfast. We **would buy** them every morning from the local baker.



- 1 We use **used to / didn't use to + infinitive** to talk about past habits or repeated actions or situations / states which have changed.  
• **used to** doesn't exist in the present tense. For present habits, use **usually + the present simple**, e.g. *I usually walk to work.* NOT *I use to walk to work.*
- 2 We can also use **would** to refer to repeated actions in the past. However, we don't use **would** for non-action verbs (e.g. *be, have, know, like, etc.*). NOT *I didn't recognize him. He wouldn't have a beard.*

#### be used to / get used to + gerund

- 1 I'm **not used to sleeping** with a duvet. I've always (3 44)) slept with blankets.  
Carlos has lived in London for years. He's **used to driving** on the left.
- 2 A I can't **get used to working** at night. I feel tired all the time.  
B Don't worry, you'll soon **get used to it**.

- 1 Use **be used to + gerund** to talk about a new situation which is **now** familiar or less strange.
- 2 Use **get used to + gerund** to talk about a new situation which is **becoming** familiar or less strange.

The difference between **be used to** and **get used to** is exactly the same as the difference between **be** and **get + adjective**.

- a Right (✓) or wrong (X)? Correct the mistakes in the **highlighted** phrases.

I can't get used to getting up so early. ✓

She isn't used to have a big dinner in the evening. X  
isn't used to having

- 1 When we were children we used to playing football in the road.
- 2 When we visited our British friends in London we couldn't get used to drink tea with breakfast.
- 3 Have you got used to live in the country or do you still miss the city?
- 4 I'm really sleepy. I'm not used to staying up so late. I'm usually in bed by midnight.
- 5 There used to be a cinema in our village, but it closed down three years ago.
- 6 Paul is used to having very long hair when he was younger.
- 7 A I don't think I could work at night.  
B It's not so bad. I'm use to it now.
- 8 Did you use to wear a uniform to school?
- 9 It's taking me a long time to be used to living on my own.
- 10 When I had exams at university I used to stay up all night revising.

- b Complete with **used to**, **be used to**, or **get used to** (positive or negative) and the verb in brackets.

My boyfriend is Spanish, so he **isn't used to driving** on the left. (drive)

- 1 When Nathan started his first job he couldn't \_\_\_\_\_ at 6 a.m. (get up)
- 2 I didn't recognize you! You \_\_\_\_\_ long hair, didn't you? (have)
- 3 Isabelle \_\_\_\_\_ a flat when she was at university, but now she has a house of her own. (rent)
- 4 When we were children we \_\_\_\_\_ all day playing football in the park. (spend)
- 5 Jasmine has been a nurse all her life, so she \_\_\_\_\_ nights. (work)
- 6 I've never worn glasses before, but now I'll have to \_\_\_\_\_ them. (wear)
- 7 Amelia is an only child. She \_\_\_\_\_ her things. (share)
- 8 Although I've lived in Spain for years, I've never \_\_\_\_\_ dinner at 9 or 10 o'clock at night. (have)
- 9 I \_\_\_\_\_ spinach, but now I love it. (like)
- 10 If you want to lose weight, then you'll have to \_\_\_\_\_ less. (eat)