

Unit3 World Usage Exercise

2009-04-20

1. You don't need to sleep a set number of hours to maintain good health. Unlike

common belief, there is no set number of hours you must sleep in order to stay

healthy. To illustrate this, some people get along beautifully on four and a half

hours while others sleep nine hours.

Is this just an illustration?

2. Insomnia will not cut down on your ability to perform your daily tasks efficiently.

According to Dr. Alice Kuhn Schwartz, lack of sleep has little to do with the ability

to perform normally. People who suffer from insomnia might have worn out feeling

and thus have difficulty carrying out their job; however, that worn out feeling is not

because of lack of sleep but because of stress.

3. Feeling worn doesn't indicate that a certain hormone has been used up due to

lack of sleep. It's the awful look with puffy-eyes that indicates the depletion of the

certain hormone, not the worn out feeling. Actually, feeling worn is due to stress

rather than lack of sleep.

Strange "It" structure

4. Insomnia is not linked to stress and mental depression only. It's actually linked

to physical illness as well. For example, itching, aches, asthma, arthritis, ulcers and

heart problems are possible causes of insomnia.

5. Over-the-counter and prescription drugs are not ^{Not with a plural noun} ~~that~~ positive ways of coping with insomnia. According to Dr. James Minard, no pill will produce normal sleep.

You are put to sleep after taking a pill because you're merely sedated rather than cured to have proper levels of sleep. ?

6. A good sleep-inducing activity is certainly not rehashing the mistakes of the day and planning your next day's schedule. These activities will actually prevent you from falling asleep. This is because activities like rehashing the mistakes of the day and planning your next day's schedule will make you too anxious or overestimated.

7. It's logical to say that serotonin is a chemical found in such foods as eggs, cheese, and meat. Serotonin is made in the final stage of conversion of tryptophan ^{step 2: It appears only later, after being converted.} which can be found easily in eggs, cheese, and meat. To be more specific, the body converts tryptophan to L-tryptophan and then to serotonin.

8. The main idea of the article is not that people with insomnia tend to be unhealthy.

The article actually made a point that insomnia is not linked to being unhealthy because there is no set number of hours you must sleep in order to stay healthy. The

article's main idea is that if we know about insomnia correctly, we can cure it.

You're one of the very few that remembers what we agreed in class!

But what about paragraph 3?