

# #ASKGARYVEE

## THE SLEEP REVOLUTION

Watch fragment of an episode from The Ask Gary Vee Show with an author of a book titled 'The Sleep Revolution' Arianna Huffington. [https://www.youtube.com/watch?v=\\_JYMIQY2260](https://www.youtube.com/watch?v=_JYMIQY2260)

**i) Watch first part of the video 00:00-01:45. Decide if the statements are true or false.**

- a) In Gary's opinion, Arianna is a famous person. T / F
- b) Arianna is a supporter of Donald Trump. T / F
- c) Arianna originally comes from Europe. T / F
- d) Arianna has two siblings. T / F
- e) Arianna wrote 50 books. T / F

**II) (3.36-7.11) What experience made Arianna rethink her career and write 'The Sleep Revolution'.**

**III) Watch the next part 07:12-07:45 in which a girl asks Arianna a question. What kind of advice do you think Arianna is going to give?**

**IV) (07:45-09:24) Find out if you were right. Does Gary agree with Arianna's advice?**

### VOCABULARY

bring it on

collapse:

crunch time

deprived

entrepreneur

momentum

nap

pod

stance

utterly

**V) (09:25-10:40) Arianna talks about several ways in which parents transition their kids before putting them to bed. What are they?**

**VI) (10:41-12:00) Decide which of the answers is correct. More than one is possible.**

1) Some people can't get a good night sleep. Why does it happen according to Arianna?

- a) they use their phone before going to bed;
- b) they are too tired to fall asleep;
- c) their brain is very active when they go to bed;
- d) they aren't tired so they wake at night.

2) What kinds of things did Arianna use to do when she was tired?

- a) fall asleep in a car;
- b) fall asleep in a movie theater;
- c) fall asleep in dark places;
- d) fall asleep while driving.

**VII) (12:00-13:00) How long does Gary sleep on a weekday/weekend?**

### DISCUSSION:

- 1) How much sleep do you get? Do you think it's enough?
- 2) Do you get naps? Why?