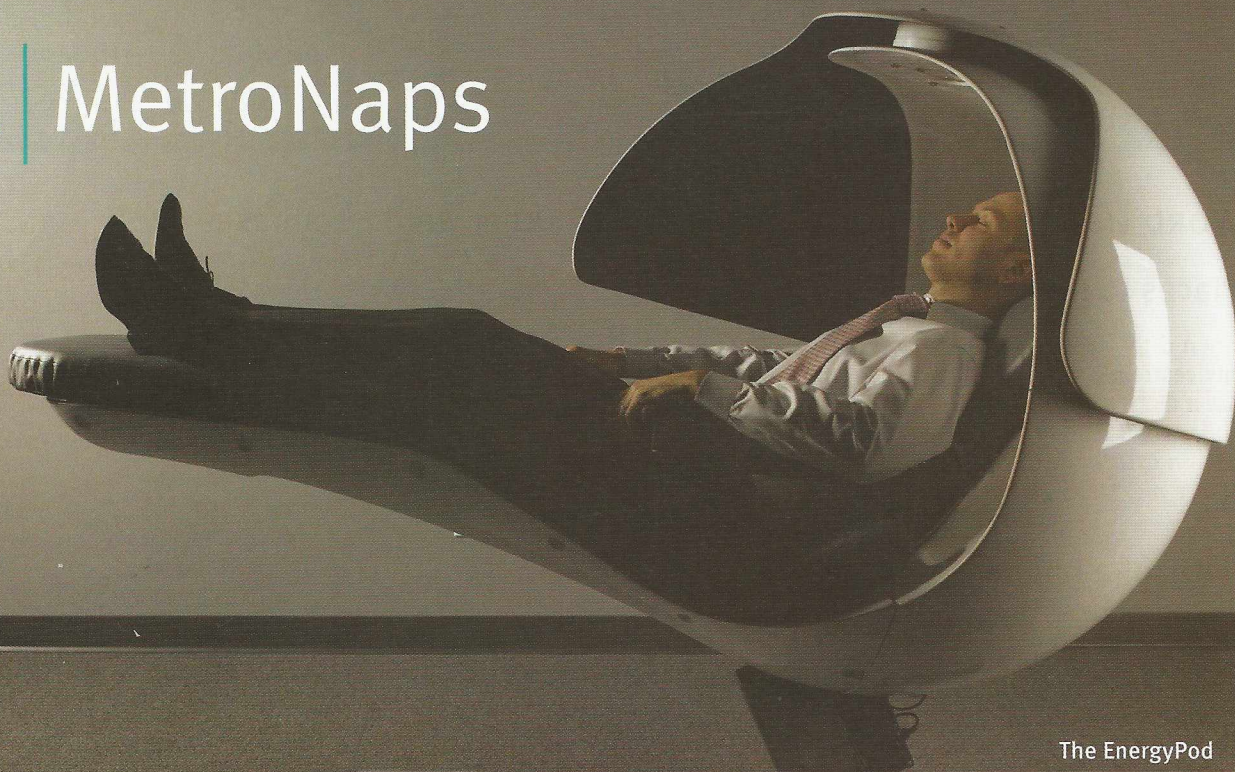


4A | MetroNaps



The EnergyPod

Will Cotton works in an office in New York. He goes to work at 7.30. He starts work at 8.15. He usually finishes work at 6.00, but has meetings after work. After his meetings, he goes to the gym or has a drink with friends in the café. He gets home at 9.00 and has dinner. He goes to bed at 12.15 am. It's a very busy day. How does he do it?

'Easy,' says Will, 'At 4.30 I go to MetroNaps.'

MetroNaps is a company in New York. At MetroNaps you get into a machine called the EnergyPod. You listen to quiet, relaxing music and then go to sleep. After twenty minutes, the pod moves with music and light and you wake up. MetroNaps also has a café, and there are sandwiches and drinks for you after your nap.

Will likes MetroNaps. 'I get my best ideas in bed, not at a desk,' says Will. 'When I go to work after having a nap, I'm relaxed. I'm not stressed in meetings after work. I do more with my day.'

The MetroNaps offices are in the Empire State Building in New York. It's open from 10.00 to 6.00. It's a very quiet place.

Glossary

nap *n* short sleep, usually during the day

M E T R O N A P S

READING

1 Look at the photo of an EnergyPod. Which activity do you think people do at MetroNaps?

1 go to sleep 2 have a shower 3 watch TV

2 Read the article to check your answer.

3 Read the article again. Answer the questions.

- 1 Where does Will Cotton work?
- 2 What time does he start work?
- 3 What time does he finish work?
- 4 What is a *nap*?
- 5 Where is MetroNaps?
- 6 Why does Will like MetroNaps?
- 7 What time does MetroNaps open and close?
- 8 How many hours is it open?

4 Put the events in the correct order for a typical MetroNap.

- You have a sandwich and a drink.
- You get into the EnergyPod.
- The EnergyPod pod moves.
- 1 You go to MetroNaps.
- You listen to quiet music.
- You wake up.
- You go to sleep.

5 Work in pairs. Do you have a nap during the day? Would you like a MetroNap? Tell your partner.

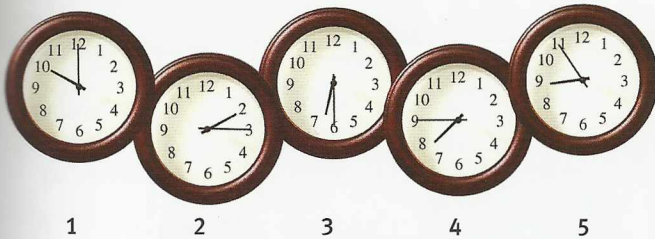
FUNCTIONAL LANGUAGE: telling the time

He gets home at nine thirty/half past nine.
 He goes to bed at twelve fifteen/a quarter past twelve.

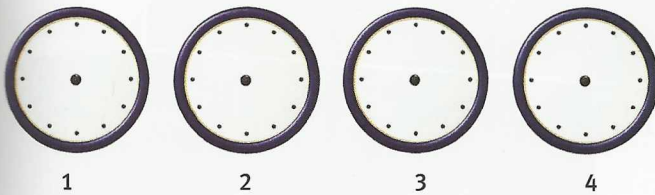
Asking the time **Saying the time**
 What time is it? It's four forty-five/a quarter to five.
 What's the time?

SEE LANGUAGE REFERENCE PAGE 50

1 Say the times for the clocks.



2 Listen to Will's dialogues and complete the clocks.



3 Look at audioscript 1.57 on page 142 to check your answers. Practise the dialogues, but change the times.

VOCABULARY: collocations have, go & get

1 Find these words in the article on page 42 and put them in the correct boxes.

to work/to the gym meetings a drink
 dinner to bed to sleep ideas a nap

have

get

go

2 Put these words in the boxes.

a shower dressed breakfast classes
 a break lunch

3 What is the difference between the underlined phrases? What are they in your language?

I go home at 6.00 and I get home at 6.15.
 I wake up at 7.00 and I get up at 7.05.

PRONUNCIATION: vowels 1

1 Listen and repeat the sounds and the words.

/æ/ have	/e/ get	/ei/ wake	/əʊ/ go

2 Put these words in the correct column in exercise 1.

nap break home bed desk make
 seven eight any day flat lamp no

3 Listen to the recording to check your answers. Repeat the words.

SPEAKING

Language note

Use the present simple to talk about daily routines and habits.

I wake up at 6.00.

To make questions, remember the word order.

Question word + auxiliary (*do/does*) + subject + verb

What time do you get up in the morning?

1 Work in pairs, A and B.

A: Turn to page 133.

B: Turn to page 136.

2 What do you do at these times? Tell your partner.

1 8.00 2 12.00 3 6.00 4 10.00