

3

Sleep

CONNECT to the topic

Public health is the study of the health of people in a community. Public health professionals use education and health services to help people have a healthier lifestyle. For example, a public health professional may teach people how to eat healthy food, get enough exercise, and develop good sleep habits.

A THINK ABOUT IT Read the statements. Circle the number below the word that describes how often each statement applies to you. Then add the numbers to calculate your score. Compare answers with a partner.

	Always	Usually	Sometimes	Never
• I stay up very late at night.	4	3	2	1
• I go to bed as soon as I feel tired.	1	2	3	4
• I need an alarm clock to wake up.	4	3	2	1
• I feel tired when I wake up.	4	3	2	1
• I fall asleep during the day.	4	3	2	1
• I get enough sleep most nights.	1	2	3	4
• I sleep more on weekends than on weekdays.	4	3	2	1
• I wake up feeling rested in the morning.	1	2	3	4
Total _____	■ _____	■ _____	■ _____	■ _____

Scoring: 8–16: You usually get enough sleep.

17–24: You should try to get more sleep.

25–32: You definitely need more sleep.

B TUNE IN Listen to an interview with Dr. David Trujillo, talking about sleep. Then complete the statement by circling all correct answers.

The doctor mentions sleep problems caused by _____.

a medical problems b drinking coffee c technology d electronic screens e noise

C DISCUSS Discuss these questions in a small group: *When do you have sleep problems? What causes those problems? What can you do if you have trouble falling asleep?*

Contemporary Topics 3 Answer Key Unit 1

G Psacharopoulos



Contemporary Topics 3 Answer Key Unit 1:

Contemporary Topics 1 Helen Sophia Solórzano, Laurie Leach Frazier, 2002 Contemporary topics 1 gives students practice in the skills they need for academic success Back cover of book *Contemporary Topics 2* Ellen Kisslinger, 2002 Provides an intermediate level book for students to develop the listening and note taking skills they need **Current Catalog** National Library of Medicine (U.S.), 1983 First multi year cumulation covers six years 1965 70 **Common School Education and Teachers World**, 1893 **Current Topics In Condensed Matter And Particle Physics: Non-perturbative Phenomena And Strongly Correlated Systems** Shan-tao Liao, Lu Yu, Jogesh C Pati, Qaisar Shafi, 1993-03-05 This updated edition of the book blends in new e commerce technologies Mobile commerce M commerce and use of cloud computing are offering a new set of challenges and opportunities for those individuals who know what they are and how they are related to e commerce Their use opens up new markets expanding the need for larger operations which in turn requires greater knowledge of the operations management subjects presented in this book The book is focused on issues concepts philosophies procedures methodologies and practices of running e commerce operations It connects the basic operations management activities undertaken by every organization e g inventory management scheduling etc and translates their application into issues and problems faced in the field of e commerce The book also provides current research findings strategies and practices that can help students in the field of operations management run and improve their e commerce operations It covers most of the basic operations management activities and functions and has been designed for an upper level undergraduate business a graduate business or engineering management course on e commerce operations management for university students Students interested in e commerce operations will find this book a valuable guide to the important aspects of starting up and running an e commerce operation They can learn from reading this book how supply chains products and processes human resources and purchasing functions can supported and enhanced by the use of e commerce In addition students can learn how to undertake forecasting and scheduling in e commerce operations Decision makers and managers who have to reengineer e commerce operations can also use this book as a guide to understanding e commerce The Instructor Manual and PowerPoint Slides for the book are available upon request for all instructors who adopt this book as a course text Please send your request to **Current Topics in Public Health** Alfonso J. Rodriguez-Morales, 2013-05-15 Public Health is regarded as the basis and cornerstone of health generally and in medicine Defined as the science and art of preventing disease prolonging life and promoting health through the organized efforts and informed choices of society organizations public and private communities and individuals this discipline has been renewed by the incorporation of multiple actors professions knowledge areas and it has also been impacted and promoted by multiple technologies particularly the information technology As a changing field of knowledge Public Health requires evidence based information and regular updates Current Topics in Public Health presents updated information on multiple topics related to

actual areas of interest in this growing and exciting medical science with the conception and philosophy that we are working to improve the health of the population rather than treating diseases of individual patients taking decisions about collective health care that are based on the best available current valid and relevant evidence and finally within the context of available resources With participation of authors from multiple countries many from developed and developing ones this book offers a wide geographical perspective Finally all these characteristics make this book an excellent update on many subjects of world public health

Current Topics in Cybernetics and Systems J. Rose, 2012-12-06 This book is a record of the contents of the papers accepted by the Congress Committee for presentation at the Fourth International Congress of Cybernetics and Systems Amsterdam The Netherlands 21-25 August 1978 Two hundred and forty five papers from authors from thirty three countries of all the five continents are included The papers are presented in an abridged form in order to highlight the main themes and produce a book that is both readable and relatively inexpensive It was felt that after the publication of the weighty and rather costly form of the Proceedings of the Third International Congress of Cybernetics and Systems held in Bucharest Romania in 1975 Modern Trends in Cybernetics and Systems eds Rose and Bilciu W O G S c and Springer Verlag 1977 3 volumes about 3500 pages 150 an abridged but comprehensive version would be more acceptable to readers It is worth noting that the full names and addresses of authors are given for each paper and requests to authors for more information and even full scale papers would produce a positive response As a matter of interest each paper carries in addition brief summaries The papers are arranged in each section or symposium in the alphabetical order of authors names this is not necessarily the order of presentation at the Congress

National Library of Medicine Current Catalog

National Library of Medicine (U.S.), 1983 Title List of Documents Made Publicly Available U.S. Nuclear Regulatory Commission, 1979

Contemporary Topics in Molecular Immunology Gordon Ada, 1974-09-01 A series of volumes devoted to molecular immunology will contain for the most part articles which attempt to explain immunological phenomena in terms of the behavior and properties of particular molecules Many of the articles in this volume do this At the same time there are many instances and this is particularly so in the case of immunology where phenomena must first be described and interpreted in terms of the properties and behavior of cells Most of us would hope that in due course a fuller understanding will be forthcoming This volume starts off with such a contribution Perhaps the most fascinating problem in immunology is how diversity is generated There are two broad proposals 1 that complete information exists ab initio the germ line theory and 2 that there is initially a limited amount of information and diversity is generated by somatic mutation The issue is unresolved but Cunningham has taken many of the data which have previously been used to support the germ line theory and shows that the interpretations are not always clear cut and can frequently be used to support another possibility that new specificities may arise after stimulation of appropriate cells by antigens And he has produced experimental evidence to support this notion On the other hand there can be little doubt that to a considerable degree the specificity of the immune

response is determined by the selection by antigen of cells with receptors of appropriate specificity This is essentially a surface phenomenon **Electricity** ,1918 The School Bulletin and New York State Educational Journal ,1904
 Normal Instructor ,1908 **Moderator-topics** ,1922 **Historical Outlook** ,1922 *El-Hi Textbooks in Print* ,1982
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