



mairovergara

AULA 10

Connected Speech

DOMINANDO A PRONÚNCIA DO INGLÊS
CONNECTED SPEECH
COM PAULO LÖEBLEIN

Connected Speech

AULA 10 | COM PAULO LÖEBLEIN

TEXTO COMPLETO

How much Sleep do you actually need? - Parte 2

In fact, after only two weeks, the six-hour group showed a similar reaction to a person with the blood alcohol concentration of zero point one percent, which is considered legally drunk. The four hour sleepers suffered even more, occasionally falling asleep during their cognitive tests. In both groups, brain function decreased day by day, almost linearly with no sign of levelling off. Scientists have dubbed this cumulative effect as Sleep Debt. So can we recover from it? After a night or two of little sleep, studies show that the body and brain can fully recover with a few nights of good sleep. However, with long term sleep deprivation on the scale of weeks to months, the recovery of cognitive function is much slower, requiring many more nights of quality sleep. On the time scale of months to years, it's unknown whether brain function can be fully repaired or if it causes permanent damage.

TEXTO DETALHADO

In fact, after only two weeks,

[ɪnfækt æftər əʊnli tu:wi:ks]

the six-hour group showed a similar reaction

[ðəsɪkzəʊər gru:p ʃəʊdəsɪmələʊər riækʃn]

to a person with the blood alcohol concentration of zero point one percent,

[tuəpɜ:rsn wɪθðəʊblʌdælkəhɔ:l kɑ:nsntreɪʃn əvzɪrəʊ pɔɪnt wʌnpɜ:sent]

which is considered legally drunk.

[wɪtʃɪzkənsɪdəd li:gəli drʌŋk]

The four hour sleepers suffered even more,

[ðəfɔːrəʊərsli:pərs sʌfərdi:vnmɔːr]

occasionally falling asleep during their cognitive tests.

[əkeɪʒnəli fɔːlɪŋəsli:p dʊərɪŋðər kɑːgnətɪv tests]

In both groups, brain function decreased day by day,

[ɪnbəʊθgruːps breɪnfʌŋkʃn dɪkriːsd deɪbaɪdeɪ]

almost linearly with no sign of levelling off.

[ɔːlməʊst lɪniəri wɪθ nəʊsaɪn əvlevəlɪŋɔːf]

Scientists have dubbed this cumulative effect as Sleep Debt.

[saɪəntɪsts hævdʌbd ðɪskjuːmjəleɪtɪvɪfekt æsli:pdet]

So can we recover from it?

[səʊ kənwi rɪkʌvər frəmɪt]

After a night or two of little sleep,

[æftər ənaɪtɔːrtuː əvɪtlɪsli:p]

studies show that the body and brain

[stʌdɪs ʃəʊ ðæðə bɑːdɪənbreɪn]

can fully recover with a few nights of good sleep.

[kən fʊlɪrɪkʌvər wɪθəfjuːnaɪts əvgʊɔːdsli:p]

However, with long term sleep deprivation on the scale of weeks to months,

[haʊevər wɪθɔːŋtɜːrm sli:pdeɪrɪveɪʃn ɑːnðəskeɪləvwiːks təmʌnts]

the recovery of cognitive function is much slower,

[ðərɪkʌvəri əvkɑːgnətɪv fʌŋkʃn ɪzmʌtʃsləʊər]

requiring many more nights of quality sleep.

[rɪkwaɪərɪŋ menɪmɔːrnaɪts əvkwaːlətɪsli:p]

On the time scale of months to years,

[ɑ:nðətaɪmskeɪl əv mʌnts təjɪrz]

it's unknown whether brain function can be fully repaired

[ɪtsənəʊn weðər breɪnfʌŋkʃn kənbiːfʊli rɪpeəd]

or if it causes permanent damage.

[ɔːrɪfɪt kɔːzɪz pɜːrmənənt dæmɪdʒ]