



mairovergara

# **AULA 12**

# **Connected Speech**

DOMINANDO A PRONÚNCIA DO INGLÊS  
**CONNECTED SPEECH**  
COM PAULO LÖEBLEIN

# Connected Speech

AULA 12 | COM PAULO LÖEBLEIN

## TEXTO COMPLETO

### How much Sleep do you actually need? - Parte 4

In fact, individuals genuinely unaffected by only six hours of sleep were found to have a mutation of a specific gene. When scientists genetically engineered mice to express this gene, they were able to stay awake for an extra one point two hours than normal mice. It turns out, these short sleepers have more biologically intense sleep sessions than the average person. Ultimately, while it's important to know the ideal average of seven to eight hours exists, let your body and brain help you figure out its own needs. After all, no one shoe size fits all. If you want to know how to get better quality sleep each night in order to conquer the hurdles of sleep deprivation, we have some tips and research for you over on ASAP Thought.

## TEXTO DETALHADO

**In fact, individuals genuinely unaffected by only six hours of sleep**

[ɪnfækt ɪndɪvɪdʒuəlz dʒenjuɪnli ʌnəfektɪd baɪəʊnli sɪkʰzəʊəz əvslɪ:p]

**were found to have a mutation of a specific gene.**

[wərfəʊntəhæv əmjʊ:teɪʃn əvəspəsɪfɪk dʒi:n]

**When scientists genetically engineered mice to express this gene,**

[wenssaɪəntɪsts dʒenetɪkli endʒɪnɪrd maɪs təkspres ðɪs dʒi:n]

**they were able to stay awake for an extra one point two hours than normal mice.**

[ðeɪwə eɪbl təsteɪəweɪk fɔ:rənəkstrə wʌn pɔɪntu: əʊəz ðən nɔ:rml maɪs]

**It turns out, these short sleepers have more biologically intense sleep sessions**

[ɪtʒ:rnzʌʊt ði:z ʃɔ:rtslɪ:pərs həvmɔ:r baɪələ:dʒɪkli ɪntens sli:pseɪʃnz]

**than the average person.**

[ðænði ævərɪdʒ pɜ:rsn]

**Ultimately, while it's important to know the ideal average**

[ʌltɪmətli waɪl ɪts ɪmpɔ:rtnt tənəʊ ðaɪədi:əl ævərɪdʒ]

**of seven to eight hours exists,**

[əvsevn təeɪtəʊəz ɪgzɪsts]

**let your body and brain help you figure out its own needs.**

[letjər bɑ:di ənbreɪn helpju: fɪgʃərəʊt ɪtʒəʊn ni:dz]

**After all, no one shoe size fits all.**

[æftəro:l nəʊwʌn ʃu:saɪz fɪtʒɔ:l]

**If you want to know how to get better quality sleep each night**

[ɪfju: wɑ:ntənəʊ həʊtəget betərkwa:lətɪsli:p i:tʃnaɪt]

**in order to conquer the hurdles of sleep deprivation,**

[ɪnɔ:rdər təkɑ:ŋkər ðəhɜ:rdls əvslɪ:p deprɪveɪʃn]

**we have some tips and research for you over on ASAP Thought.**

[wɪhævsʌmtɪps ənri:sɜ:rtʃ fərju: əʊvərə:n eɪsæpθɔ:t]