



mairovergara

AULA 11

Connected Speech

DOMINANDO A PRONÚNCIA DO INGLÊS
CONNECTED SPEECH
COM PAULO LÖEBLEIN

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AULA 11 | COM PAULO LÖEBLEIN

TEXTO COMPLETO

How much Sleep do you actually need? - Parte 3

Paradoxically, with chronic sleep deprivation, your sleepiness, or how tired you feel does eventually level off, meaning that you become less and less aware of your objective impairment over time. So how long should you sleep? Most studies tend to show that seven to eight hours is the average ideal for humans. Apart from the cognitive issues, individuals who consistently sleep less than seven hours a night have an increased risk of heart disease, obesity and diabetes. Not to mention, a twelve percent higher risk of death. On the flipside, studies have shown that while sleeping more than eight hours does not impair brain function, it also carries an increased risk of heart disease, obesity and diabetes and a thirty percent increased risk of mortality. So, too much sleep may also be a bad thing. But variation most certainly exists and our genetics play a large role.

TEXTO DETALHADO

Paradoxically, with chronic sleep deprivation,

[pærə'dɑ:kʁɪkli wɪθkrɑ:nɪks li:pdeɪvrɪveɪʃn]

your sleepiness, or how tired you feel does eventually level off,

[jərsli:pɪnəs ɔ:r haʊtɪrəd ju:fi:l dʌzɪventʃuəli levlɔ:f]

meaning that you become less and less aware of your objective impairment over time.

[mi:nɪŋ ðæju:bɪkʌm lesənles əwerəvjər əbdʒektɪv ɪmpɜrment əʊvətaɪm]

So how long should you sleep?

[səʊ haʊlɔ:ŋ ʃʊdju:s li:p]

Most studies tend to show that seven to eight hours is the average ideal for humans.

[mʌststʌdis tendəʃəs ðæ sevntəɪtəʊərs ɪzðɪævərɪdʒ aɪdi:əl fəʁhju:məns]

Apart from the cognitive issues,

[əpɑ:rtfrəm ðəka:gnətɪvɪʃu:s]

individuals who consistently sleep less than seven hours a night

[ɪndɪvɪdʒuəlz hu:kənsɪstənslɪ:p lesðən sevnnəʊərs ənaɪt]

have an increased risk of heart disease, obesity and diabetes.

[həvən ɪnkri:st rɪsk əvhɑ:rtɪzi:z əʊbi:səti əndaɪəbi:tɪz]

Not to mention, a twelve percent higher risk of death.

[nɑ:təmenʃn ətwelvəpərsent haɪərrɪsk əvdeθ]

On the flipside, studies have shown that

[ɑ:nðə flɪpsaɪd stʌdɪz həvʃəʊnðæ]

while sleeping more than eight hours does not impair brain function,

[waɪlsli:pɪŋ mɔ:rðən eɪtəʊərs dʌznɑ:tɪmpər breɪnfʌŋkʃn]

it also carries an increased risk of heart disease, obesity and diabetes

[ɪt ɔ:lsəʊ kærɪs ənɪnkri:st rɪsk əvhɑ:rt dɪzi:z əʊbi:səti əndaɪəbi:tɪz]

and a thirty percent increased risk of mortality.

[ənd əθɜ:rtipərsent ɪnkri:st rɪsk əvmɔ:rtæləti]

So, too much sleep may also be a bad thing.

[səʊ tu:mʌtʃsli:p meɪjɔ:lsəʊbi əbæd θɪŋ]

But variation most certainly exists and our genetics play a large role.

[bʌtveri:ɪŋ məʊstʒɜ:rtɪnli ɪgzɪsts ənda:rdʒənətɪks pleɪələ:rdʒrəʊl]