



mairovergara

AULA 09 **Connected Speech**

DOMINANDO A PRONÚNCIA DO INGLÊS
CONNECTED SPEECH
COM PAULO LÖEBLEIN

Connected Speech

AULA 09 | COM PAULO LÖEBLEIN

TEXTO COMPLETO

How much Sleep do you actually need? - Parte 1

Tired? We all know the feeling. Irritable, groggy and exceptionally lazy. Chances are, you didn't sleep enough last night. Or the past few nights, but what exactly is enough sleep and more importantly, can you ever catch up on it? While the very function of sleep is still debated by scientists, we do know that it's necessary to function efficiently and productively. After all, we spend twenty four years of our lifetime sleeping, it had better be important. Researchers have tested how much is required each night by assigning groups of people to four, six and eight hours of sleep over extended periods of time. After fourteen days, those with eight hours of sleep exhibited few attention lapses or cognitive issues. However, those with six or four hours of sleep showed a steady decline.

TEXTO DETALHADO

Tired? We all know the feeling.

[tʌrəd wɪjɔːl nəʊðəfiːlɪŋ]

Irritable, groggy and exceptionally lazy.

[ɪrɪtəbl ɡrɑːɡi ənɪksepʃənəli leɪzi]

Chances are, you didn't sleep enough last night. Or the past few nights,

[tʃænsɪzɑːr juːdɪnslɪːpɪnʌf læsnait ɔːrðəpæst fjuːnaɪts]

but what exactly is enough sleep

[bʌt wʌtɪgzækli ɪznʌfs liːp]

and more importantly, can you ever catch up on it?

[ənˈmɔːrɪmpɔːrtntli kænjuːevər ketʃʌpɒnɪt]

While the very function of sleep is still debated by scientists,

[waɪl ðəveri fʌŋkʃnɪvslɪ:p ɪstɪl dɪbeɪtɪd baɪsaɪəntɪstz]

we do know that it's necessary to function efficiently and productively.

[wiːduːnəʊ ðæɪts nesəsəri təfʌŋkʃn ɪfɪʃntli ənpɾədʌktɪvli]

After all, we spend twenty four years of our lifetime sleeping,

[æftəɔːl wiːspend twenɪfɔːr jɪz əvɑːr laɪftaɪms liːpɪŋ]

it had better be important.

[ɪhəd betər bɪɪmpɔːrtnt]

Researchers have tested how much is required each night

[rɪsɜːrtʃəz hævtestɪd haʊmʌtʃɪz rɪkwaɪərd iːtʃnaɪt]

by assigning groups of people to four, six and eight hours of sleep

[baɪəsaɪnɪŋ gruːpsəvpiːpl təfɔːr sɪks əneɪtəʊəz əvslɪ:p]

over extended periods of time.

[əʊvərɪkstendɪd pɪrɪədz əvtaɪm]

After fourteen days, those with eight hours of sleep exhibited few attention lapses or cognitive issues.

[æftər fɔːrtiːndeis ðəʊz wɪθ eɪtəʊəz əvslɪ:p ɪgzɪbɪtɪd fjuː ətenʃnlæpsɪz ɔːrkɑːgnətɪvɪʃuːs]

However, those with six or four hours of sleep showed a steady decline.

[haʊevər ðəʊz wɪθ sɪks ɔːrfɔːr əʊəz əvslɪ:p ʃəʊdəstedɪdɪklaɪn]