



THE SIESTA STORY

Sleep Science & Global Naps

Task 1: Vocabulary Match-Up

Match the vocabulary words on the left with the correct definition on the right.

Vocabulary Words

1. Productivity
2. Drowsy
3. Recuperate
4. Metabolism
5. Alert
6. Cardiovascular

Definitions

- A) To recover energy or health
- B) Chemical processes in the body to stay alive.
- C) The state of being awake and focused.
- D) The state of being sleepy.
- E) The rate at which something is produced.
- F) Relating to the heart and blood vessels.

Task 2: Cultural Nap Scan

The siesta isn't just a Spanish thing! Read the short descriptions below about other countries and answer the questions.

The Nap Around the World

A. Japan: *Inemuri* In Japan, taking a short nap in public is very common. It's called *Inemuri*, which means "sleeping while present." Workers often take naps on the subway or even during long meetings, and it is usually seen as a sign that they have worked very hard!

B. Italy: *Riposo* (or *Pennichella*) Just like in Spain, the hot Mediterranean climate in Italy makes midday rest essential. The *Riposo* is the Italian version. In many towns, you won't find small shops open between 1:30 PM and 4:00 PM because the owners are at home enjoying their own rest and family lunch.

C. Norway: The Outdoor Nap It's cold in Norway! But parents there often let their babies sleep outside in their strollers for naps, even in freezing temperatures! This is based on the belief that fresh air, even cold air, helps babies sleep better and longer.

Scanning Questions

Answer these questions quickly based on the text above.

7. Which country's nap tradition is considered a sign of hard work?
8. What is the name for the midday rest in Italy?
9. Which country has a tradition of babies sleeping outside for their naps?
10. If you needed to buy something from a small Italian shop, why might you have to wait until 4:00 PM?

Teacher's Key

Task 1: Vocabulary Match-Up

1. **Productivity** → E) The rate at which a person, company, or machine produces something.
2. **Drowsy** → D) The state of being sleepy and almost falling asleep.
3. **Recuperate** → A) To recover energy or health after being tired or sick.
4. **Metabolism** → B) The chemical processes that happen inside a body to keep it alive.
5. **Alert** → C) The state of being awake, focused, and ready to act.
6. **Cardiovascular** → F) Relating to the heart and blood vessels (arteries, veins).

Task 2: Cultural Nap Scan

7. Which country's nap tradition is considered a sign of hard work? **Japan** (*Inemuri*)
8. What is the name for the midday rest in Italy? **Riposo** (or *Pennichella*)
9. Which country has a tradition of babies sleeping outside for their naps? **Norway**
10. If you needed to buy something from a small Italian shop, why might you have to wait until 4:00 PM? Because the shop owners are taking their **Riposo** (midday rest) and eating lunch with their families.