

## LESSON 13

### A Prescription



#### Conversation

Patient: ... what about the problems I've been having sleeping?

Doctor: I'm going to give you a prescription for some medicine to help you get a better night's sleep.

Patient: Thank you doctor.

Doctor: Here, you can get this prescription at any pharmacy.

Patient: How often should I take the medicine?

Doctor: Just take one pill about 30 minutes before you go to bed.

Patient: How long should I take them?

Doctor: The prescription is for thirty days. If you're not sleeping well after thirty days, I'd like you to come back in.

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prescription  
to get a good night's sleep  
pharmacy  
to take medicine  
to take a pill  
easier said than done  
to stay calm

#### Dialogue Quiz

Choose the correct answer to these questions based on the dialogue. Each question has only one correct answer.

Q: Which problem has the doctor prescribed some medicine for?

- a. Headaches
- b. Sleep
- c. Hypertension

Q: Where can the patient get the medicine?

- a. At any store
- b. At any pharmacy
- c. At a specialist pharmacy

Q: How often should the patient take the medicine?

- a. Twice a day
- b. Once a day
- c. Before meals

Q: What other recommendation does the doctor make?

- a. Take a holiday from work
- b. Work harder
- c. Worry less about work

Q: Should the patient stay home from work for a while?

- a. Yes

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The quality and quantity of sleep we get is very important. It is during sleep that our batteries recharge and our brain sorts out the day's accumulated problems.

During the day millions of bits and pieces of information are fed into the average brain. After 16 hours of this, the brain becomes **information-logged**. It needs a rest.

Just as different brains do different things with the same information, so different brains need varying amounts of time in which to recover from the input of all this information. The amount of sleep varies just as much as fingerprints vary.

A newborn baby needs 15 hours sleep a day, while the average amount of sleep an adult needs is eight hours. Some people may get by with three, while others may need ten.

There are many ways to improve the quality and quantity of your sleep.

First, make sure that you are tired when you go to bed.

You need to be physically tired — not just mentally tired. If you try to go to bed after working on books and paperwork for hours, you'll probably find that the problems of the day insist on **popping** into your head.

Try going for a walk, or doing a few exercises before you try to sleep.

Also remember that your bed — and bedroom — must be comfortable if you are going to sleep well.

Good beds are not cheap, but you will probably spend a third of your life in it, so don't **cut corners** too much. You will need to be warm if you are going to sleep properly. If you don't like too many blankets on your bed, then what about hot water bottles, electric blankets or even bed socks?

Stuffy bedrooms are difficult to sleep in, so make sure that there is plenty of **ventilation**.

There are many things that may keep you awake at night. Pain, of course, will prevent sleep. Many muscular aches and pains seem worse at night than during the day. If this is the case, ask your doctor if a couple of soluble aspirin or paracetamol tablets will help **eradicate** your pain permanently.

Hunger can also keep you awake. Try a milky drink and a couple of biscuits at night, but try to avoid heavy meals, or meals containing lots of spicy food.

If you live in a noisy house or area, then **earplugs** may help (you can get these from your local chemist), or double **glazing** may **cut down** the amount of noise from outside.

## Vocabulary

- **information-logged** – be loaded with excessive information
- **popping** - appear abruptly
- **cut corners** - To do something in the easiest or most inexpensive way.
- **ventilation** - the act of supplying fresh air and getting rid of foul air
- **eradicate** – eliminate; get rid of
- **earplugs** - a small piece of soft material, such as wax, placed in the ear to keep out noise or water
- **glazing** - Glasswork
- **cut down** - To reduce the amount

Reference:

<http://esl.about.com>

<http://www.englishmed.com/>

