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Materials for language learning

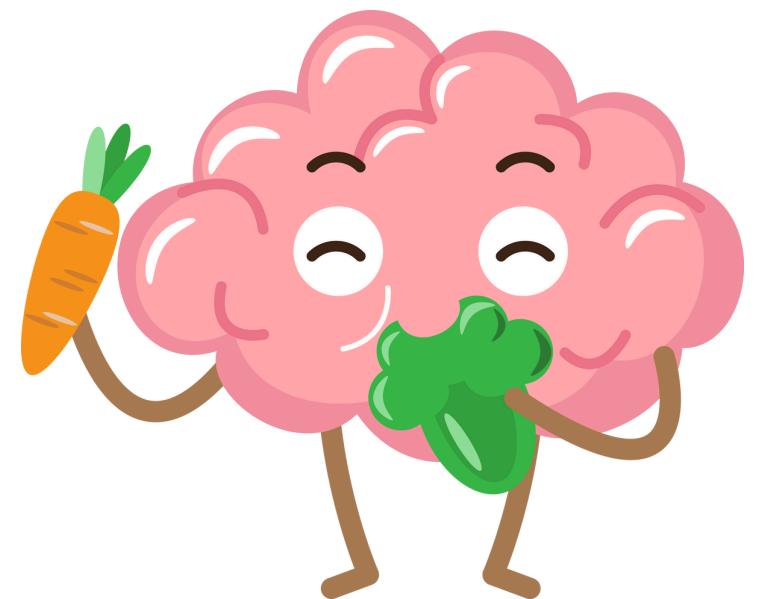
201 Hours Without Sleep – The Peter Tripp Experiment

level: A2+, main topic: sleep

Warm-up 1

Which of these things are most important for a healthy life? Why? Would you add anything else?

- sleep
- water
- food
- social contact
- sunlight
- technology
- entertainment
- exercise



Warm-up 2

How long can you live without ... ?

1. water
2. food
3. social media
4. coffee
5. sleep
6. talking to your friends
7. travelling
8. sunlight
9. exercise
10. music



Vocabulary

1. experiment	A. to make someone feel pain or harm someone
2. booth	B. when people look at or notice you
3. awake	C. a small, closed space or box where someone works or stays
4. stimulant	D. to sleep for a short time
5. medicine	E. to have a dream or picture in your head that isn't real
6. to imagine	F. something doctors give to help people feel better
7. to hurt	G. a test or activity done to learn something
8. to get attention	H. something that gives you energy and keeps you awake
9. to nap	I. not sleeping

Vocabulary - let's talk!

1. Have you ever seen an interesting **experiment** in a science class or on TV? What happened?
2. Have you ever been inside a photo **booth** or a ticket booth? What was it like?
3. How long do you usually stay **awake** during the day?
4. Do you drink coffee or energy drinks? Do they work as **stimulants** for you?
5. When was the last time you had to take **medicine**? What was it for?
6. Is it easy for you to **imagine** things? What do you usually imagine?
7. What do you do when you **hurt** yourself a little, like your finger or your knee?
8. What do people sometimes do on social media to **get attention**?
9. Do you ever take a **nap** during the day? When and why?



Peter Tripp and the 201-Hour Wakeathon

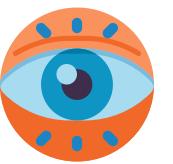
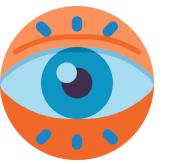
In 1959, a man called Peter Tripp became very famous in the USA. He was a radio host, and he wanted to do something big to get attention and raise money for charity. His idea was unusual – he wanted to stay awake for 201 hours! That's more than eight days without sleep. During the experiment, he stayed in a glass booth in the middle of New York City, so everyone could see him. Doctors and scientists watched him all the time.

At first, everything seemed fine. Peter laughed, talked to people, and worked on the radio. But after two or three days, he started to feel very tired and confused. He had problems remembering things and made lots of mistakes. To help him stay awake, doctors gave him medicine with stimulants. These drugs gave him energy, but they also made him feel worse later.

After a few more days, Peter started to see and hear things that were not real. He thought that people wanted to hurt him. Once, he screamed because he believed a desk drawer was on fire. Another time, he said there were spiders on his shoes. He didn't always know where he was or who was around him. The scientists said he was awake but dreaming at the same time.

Peter Tripp and the 201-Hour Wakeathon

When the experiment finished, Peter finally went to bed. He slept for about 13 hours and then took more naps during the next days. The doctors thought he was fine again, but his friends and family said he changed after that. He was more nervous and angry, and his job didn't go well anymore. Peter Tripp's story shows how important sleep is for our body and mind – and that it's dangerous to stay awake for too long.



True or false?

1. Peter Tripp wanted to stay awake for 201 hours to raise money and get famous.
2. He stayed in a glass booth where nobody could see him.
3. Doctors watched him during the experiment.
4. He felt fine and happy for all eight days.
5. Doctors gave him medicine to help him stay awake.
6. Peter started to imagine things that weren't real.
7. He thought there were spiders on his shoes.
8. After the experiment, he slept for about 13 hours.
9. His friends said he was exactly the same person after it.



Let's talk!

1. How many hours do you usually sleep at night?
2. How do you feel when you don't sleep enough?
3. What helps you sleep better?
4. Why do people need sleep?
5. Do you think Peter Tripp was brave or crazy?
6. Would you like to try staying awake for 24 hours?
7. What do you think happens when people don't sleep for a long time?
8. Should doctors stop experiments when they are dangerous?
9. Do you think this experiment was a good idea? Why or why not?
10. What can we learn from Peter Tripp's story?



Answer key

Vocabulary match

1 - G	1.T
2 - C	2.F
3 - I	3.T
4 - H	4.F
5 - F	5.T
6 - E	6.T
7 - A	7.T
8 - B	8.T
9 - D	9.F

True / false



Thank you!
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