

Is a Nap Better than Coffee?



When **ARE YOU** tired from work or study, what do you do? Many people are **ADDICT** to coffee for staying alert, or they crave an energy drink to refresh **THEM**. But one

study suggests that a

short sleep might refresh you more than a cup of coffee.

Scientists investigated caffeine, which is found in coffee, tea, soda, and energy **DRINK**. They also researched the benefits of napping during the day. Then they **COMPARING** the effects of caffeine and taking naps. The researchers were curious about how caffeine and naps influenced learning and memory.

The subjects performed mental exercises that employed different kinds of memory. People **MEMORIZE** words. They tapped keys on a keyboard in a particular sequence, and they identified unique **SHAPE** on a computer screen.

The subjects were split into three **GROUP**. After the mental exercises, one group took a nap. A second group took a pill with caffeine in it, and a third group took a placebo with no caffeine. Then everyone **WERE** tested on the mental exercises.

The Placebo Group **PERFORMANCE** better than the Caffeine Group on all three tasks. But the Nap Group performed the most **EFFECTIVELY** on the tests, and they outperformed the Caffeine Group. Perhaps caffeine had **A** impact on the results, or perhaps it did not. But more **IMPORTANCE**, sleeping evidently contributed to the Nap Group's success.



Are you weary or **EXHAUST** from work or study? In short, sleeping for 20 minutes (but not during class!) might revive your body and mind more than **DRINK** a cup of coffee.

THINK ABOUT IT

1. Work with a partner. Find and correct the grammar mistakes.
2. Write down new words here. Make sentences with them.

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