

## Reading Comprehension

Lesen Sie den Text gut durch und beantworten Sie die auf den Text folgenden Fragen auf Deutsch.

The compulsion to doze off at your desk has perhaps never been stronger. How can we keep our eyes open when we're worked to the bone?

There are myriad reasons why many of us are falling asleep at our desks. For instance, in the last year, snagging a good night's sleep has become an impossibility for some. On top of expanded obligations and endless phone notifications, many are also working longer days and balancing impossible personal tasks as we work at home. So, although staying awake is perhaps harder than ever, we've never needed to do it more.

But without guzzling coffee, or ignoring our responsibilities so we can get into bed earlier, how can we keep focused and sharp?

### A cheeky doze

"New research has suggested that sleep really serves as the brain's housekeeper, which helps to clear metabolic waste and toxins from the brain," says Natalie Dautovich, an assistant professor of psychology at Virginia Commonwealth University in the US, and also the National Sleep Foundation's Environmental Scholar. "Some of these toxins are similar to what is seen in the development of late-life dementias."

To get that 'cleansing' effect and stay maximally awake at work, Dautovich says it's important to get those seven-to-nine hours of sleep we so keenly know we need. And it's not just quantity, but quality, too – which means everything you've heard about having a distraction-free sleep environment is valid.

Specifically, she says, "a lot of digital electronic devices today emit light that is of a shorter wavelength – it's on the cooler end of the spectrum, which helps bring on feelings of alertness". Additionally, many of these devices can be "cognitively stimulating, and can in fact cue you to start thinking about work and feeling stressed, or feeling activated when you go into the bedroom".

But there is always another strategy: grabbing a cheeky nap. "The best napping strategy would be to take advantage of that natural dip in alertness we experience post-lunch – so early-to-mid afternoon," says Dautovich. "You also want to limit a nap to less than 20 minutes if possible, in order to avoid entering the deeper stages of sleep, which can bring about that feeling of grogginess."

Of course, napping during work is a cultural staple for some, but in many countries, including the UK and US, stealing midday shuteye isn't acceptable. Dautovich says we have a long way to go until we accept napping as "a positive health behaviour that can have beneficial outcomes for productivity".

### Going 'responsibility free'

It can be draining to stay hyper-focused. Few know this better than air-traffic controllers, for whom staying alert at work isn't just important for productivity and satisfying the bosses – it's a matter of safety.

These workers have lots of tactics to stay awake, and 20-minute naps are included. But they have other practical methods that we can learn from, too.



Neil May, the head of human factors at aviation company NATS, emphasises the importance of a “responsibility-free break”. Controllers are limited to working two-hour stretches at a time, after which May says they’re given a 30-minute window to step away. This helps make sure focus is sharp when they return to work, and workers are staying energised to perform their tasks.

May also notes that he’s found that air-traffic controllers perform best when things aren’t either too quiet or too busy.

So, there are both quicker fixes as well as bigger goals to work up to. For now, May recommends controllers stretch their legs and have a chat with others.

(BBC on Worklife)

1. Warum schlafen viele von uns an ihren Schreibtischen ein? (4 Punkte)
2. Wieso ist Schlaf wichtig für den Körper? (2 Punkte)
3. Welche quantitative und qualitative Anforderung in Bezug auf Schlaf nennt Natalie Dautovich? (2 Punkte)
4. Erklären Sie zwei Probleme heutiger digitaler elektronischer Geräte. (4 Punkte)
5. Beschreiben Sie die besten Strategien von Natalie Dautovich für ein Nickerchen. (2 Punkte)
6. Wieso ist es für Fluglotsen wichtig bei der Arbeit wachsam zu sein? (2 Punkte)
7. Welche praktischen Methoden und Tipps kann man von Flutlotsen lernen bzw annehmen? (3 Punkte)
8. Was empfiehlt Neil May als schnelle Lösung für zwischendurch? (1 Punkt)