



“Relax! You’ll Be More Productive”

Link to text below

http://www.nytimes.com/2013/02/10/opinion/sunday/relax-youll-be-more-productive.html?hpw&_r=0

Vocabulary

To check on vocabulary, try Linguee. <http://www.linguee.de/>

Questions

True or False; read the following statements and, based on the text decide, if they are true or false.

1. An increasing number of people are not able to manage the demands and pace of their work-life anymore.
2. Sleeping for 20 minutes in the afternoon can help to make you more productive, and also healthier.
3. Market economies work on the belief that our resources are finite.
4. Working long hours and pushing hardest does not mean you are productive.
5. If you are sleeping less than six hours a night, you are suffering from burn out.
6. According to studies, the more holidays you take, the better your performance review will be.
7. Instead of trying to fight fatigue with coffee and sugar, Dr Ericsson believes it would be better to work in 90 minutes cycles.

Complete the following sentences.

1. A _____ way to get more done may be to spend more time doing less.
2. In a study of nearly 400 employees, researchers found that not _____ sleep — defined as less than six hours a night — was one of the best predictors of on-the-job burn-out.
3. As athletes know, if the performance demand is _____, then the need for renewal is _____.