

NIGHT OWLS AND MORNING LARKS

A new study says that the brains of those who get up¹ late ("**night owls**"), and those who wake up² early ("**morning larks**"), are different during³ the day.

Scientists check⁴ the brains of those who **go to bed** at 2:30 a.m., and wake up at 10:15 a.m. Then they test the **brain activity** of the people who go to bed just before 11 p.m. and wake up at 6:30 a.m.

Morning larks are not sleepy⁵ and **react quickly** early in the morning. However⁶, night owls are not sleepy and have **fast reactions** at 8 p.m.



Researcher⁷ Dr Facer-Childs says: "If night owls get up early and then they go to school or work, they must **fight against** their natural rhythms."

The authors of the study need to do more tests. They want to know if the brains of night owls and morning larks are different also **in other ways**.

Vocabulary:¹vstávat|²probouzet(se)|³během|⁴kontrolovat|⁵ospalý|⁶nicméně|⁷badatel

Language notes: night owl=noční sova|morning lark=ranní skřivan|go to bed=chodit do postele|brain activity=mozková činnost|react quickly=rychle reagovat|fast reactions=rychlé reakce|fight against=bojovat proti|in other ways =v jiných ohledech

Sources: bbc.com|guardian.com