

## B2-C1 Worksheet: Seoul's Power Nap Contest - 04 May 2026

### Article

On Saturday, hundreds of residents in Seoul chose to turn up at a park by the Han River for a contest with an unusual aim: to lie down and sleep. The city government's third annual Power Nap Contest invited people to dress in creative sleep-themed outfits, settle on mats and try to nod off in public. In a hectic city where rest is often treated as a luxury, the scene looked playful, but many participants said the problem behind it felt serious.

South Korea is often described as a country with chronic sleep deprivation, shaped by long work hours, academic pressure and late-night habits. The event was designed to draw attention to a culture in which many people try to keep up with demanding schedules, run on caffeine and find it hard to switch off. Some contestants arrived exhausted, hoping simply to catch up on the sleep they had missed. Others saw the event as a light-hearted way to discuss a deeper strain on health and working life.

Judges reportedly used changes in heart rate as one measurable sign that contestants had become more relaxed, while the winner was an elderly man who managed to stay calm and alert enough to impress the organisers. The prize mattered less than the symbolic message. In a society where tiredness can be almost invisible because everyone is busy, a public nap made the problem suddenly visible. People may have come away with a smile, but the contest also showed how overwork can slowly wear down ordinary lives.

### True/False

Decide if each statement is True (T) or False (F).

1. The Power Nap Contest took place by the Han River in Seoul.
2. The article says the event was created mainly to sell sleep products.
3. Participants were invited to wear sleep-themed outfits and rest in public.
4. The article links South Korea's sleep problem to work, study and late-night habits.
5. The contestants were expected to prove they could stay awake for a long time.
6. Heart-rate changes were used as one sign that people had relaxed.
7. The article argues that overwork is always easy to notice in everyday life.
8. The final paragraph suggests the contest was both humorous and serious.

## Phrase Match

Match the phrases (1-10) to the correct definitions (A-J).

| Phrases (1-10)       | Definitions (A-J)                                  |
|----------------------|----------------------------------------------------|
| 1. turn up           | A. to stop thinking about work and relax           |
| 2. lie down          | B. to arrive or appear                             |
| 3. nod off           | C. to make tired or weaker over time               |
| 4. catch up on       | D. to put your body flat in order to rest          |
| 5. draw attention to | E. to stay at the same speed or level as something |
| 6. keep up with      | F. to leave with a particular result or feeling    |
| 7. run on            | G. to fall asleep briefly                          |
| 8. switch off        | H. to depend on something for energy or support    |
| 9. wear down         | I. to make people notice something                 |
| 10. come away with   | J. to get more of something you have missed        |

## Synonym Match

Match the words (1-10) to the correct synonyms (A-J).

| Words (1-10)  | Synonyms (A-J)    |
|---------------|-------------------|
| 1. chronic    | A. noticeable     |
| 2. hectic     | B. representative |
| 3. exhausted  | C. persistent     |
| 4. measurable | D. pressure       |
| 5. relaxed    | E. worn out       |
| 6. alert      | F. calm           |
| 7. strain     | G. awake          |
| 8. symbolic   | H. imaginative    |
| 9. visible    | I. quantifiable   |
| 10. creative  | J. frantic        |

## Use the new language

Please choose 5 words or phrases and make your own sentence using the new word or phrase.

## Discussion Questions

### Student A

1. How many hours of sleep do you usually need to feel alert?
2. Have you ever tried to catch up on sleep after a very busy week?
3. Would you take part in a public nap contest, or would you feel too self-conscious?
4. Do you find it easy to switch off after work or study?
5. What usually wears you down more: early mornings, late nights or stress?
6. Do people in your country talk openly about being exhausted?
7. What helps you relax when life becomes hectic?
8. Would a playful event like this draw attention to sleep problems where you live?

### Student B

1. Why do some cultures treat tiredness as a sign of hard work rather than a health problem?
2. Can a public event like a Power Nap Contest really change attitudes to rest?
3. How should employers respond if staff are constantly running on too little sleep?
4. Is productivity damaged more by laziness or by people trying to keep up with impossible schedules?
5. Should schools and companies build more rest into the day, or is that unrealistic?
6. Why do people often come away with guilt when they rest instead of working?
7. How has technology changed people's ability to relax and sleep well?
8. What would a healthier work-life culture look like in a big city?

## Answer Key

True/False: 1=T, 2=F, 3=T, 4=T, 5=F, 6=T, 7=F, 8=T

Phrase Match: 1=B, 2=D, 3=G, 4=J, 5=I, 6=E, 7=H, 8=A, 9=C, 10=F

Synonym Match: 1=C, 2=J, 3=E, 4=I, 5=F, 6=G, 7=D, 8=B, 9=A, 10=H

## Example sentences with the phrases

1. Only a few people turned up for the early meeting because it started at seven.
2. I had to lie down for ten minutes after the long journey.
3. He started to nod off during the film because he was so tired.
4. I need the weekend to catch up on sleep and housework.
5. The campaign helped draw attention to stress among young workers.
6. It is difficult to keep up with every message and email during a busy day.
7. Some students run on coffee during exam week.
8. I switch off by putting my phone away after dinner.
9. Constant pressure can wear down even very motivated people.
10. She came away with a better understanding of why rest matters.