

Arianna Huffington

How to Succeed? Get More Sleep

TED Lectures

Note-taking Activity

Directions: First listen to the lecture and take notes. Then using your notes, you will answer the following questions.

1. From context what can the listener infer about “type A” people?
2. How did the speaker realize she needed to get more sleep?
3. What are some benefits of getting more sleep?
4. How does she view men who brag about getting little sleep?
5. What does she mean when she says, “The essence of leadership is being able to see the iceberg before it hits the Titanic”?

