

Answer Key

Arianna Huffington

How to Succeed? Get More Sleep

TED Lectures

Note-taking Activity

1. They work hard and get little sleep.
2. She fainted in her office from exhaustion and it was caused by lack of sleep.
3. People who get enough sleep are more inspired, more productive and more joyful.
4. They would be more interesting if they got more sleep.
5. That good leaders are able to predict outcomes or foresee problems before they become catastrophes.