People race to fall asleep in unusual contest

Vocabulary Match

demanding ● participants ● prove ● monitored ● measuring ● quality ●

● people taking part ● demonstrate ● checking ● observed ● challenging ● standard

Article

Japan is known for its demanding work culture, and many people struggle to get enough sleep. In October 2026, a mattress company organised an unusual competition in Tokyo called the "Matt Race". Dozens of participants lay on beds for up to 90 minutes, hoping to prove they could fall asleep quickly and enjoy the best-quality rest.

Special devices monitored their sleep, measuring how deeply and peacefully they rested. The winner received more than two million yen. Using the name Suimii, she said she planned to spend the money on moving house and buying a beautiful new bed. "I want to sleep like a princess," she explained.

Quiz

1. What was the name of the competition?
2. How long did the participants lie on the beds?
3. What did the winner plan to do with the money?
4. How much money did the winner receive?

Conversation

A: Did you hear about the Matt Race in Tokyo?
B: Yes. Imagine getting paid for having a nap!
A: More than two million yen, apparently.
B: That's not bad for 90 minutes' work!
A: I wonder how well I'd do.
B: I'd certainly be happy to give it a try!

Discussion

1. How much sleep do you get each night?
2. How long does it take you to fall asleep?
3. Do you ever take naps? For how long?
4. Have you ever tried monitoring your sleep?
5. Are you a night owl or an early bird?

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