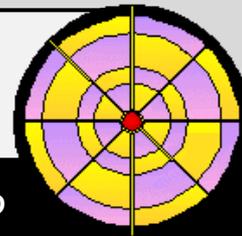


The Daily Rigour



Sun 23rd January 2022

Issue No. 276

Your free weekly numeracy newspaper!

Fitness expert shares army technique to fall asleep in two minutes

A fitness expert has shared a 'mind-blowing' tip which claims helps people fall asleep within two minutes. You have to start by 'calming your body' by shutting down and relaxing each part of your body, from 'head to toe'. If you get distracted say the words "don't think, don't think, don't think" for 10 seconds.

If this technique is successful, after how many seconds should you fall asleep?



Student saves £4300 a year by living in hotel instead of uni halls

A student is saving over £4300 a year by staying in a hotel instead of forking out for university accommodation. She lives in Berkhamsted, Hertfordshire and attends the University of Northampton. Student accommodation in this area costs around £620 per month. She has managed to save all this money due to the fact she only has to stay over one night and a room at the Travelodge only costs £35 per night. Shown is a table with the average costs of weekly student accommodation and nightly Travelodge stays.



(a) How many nights in a Travelodge could be paid for the price of one week's rent in Scotland?

(b) How many days could be spent in University per week in Scotland if staying at a Travelodge?

(c) Which area in the United Kingdom would allow the highest number of days at University when staying in a Travelodge? You MUST give a reason for your answer.

Place in the United Kingdom	Average student accommodation rent per week	Average price of one night in a Travelodge in this area
Scotland	£154	£49.63
North East	£130.50	£50.63
North West	£144	£49.63
East of England	£156	£52.96
Midlands	£151.50	£47.88
London	£235.50	£58.28
South West	£169	£60.74
South East	£173.50	£55.39
Wales	£135	£59.16

Drivers will be forced to give cyclists 'more priority' on roads from this week

Changes to the Highway Code will come into force this week which will give cyclists and pedestrians greater protection on the roads.



The Department of Transport will publish new rules on the 29th of January which include a 'hierarchy of road users' and this will mean that drivers could face £200 fines and six points on their licence if they don't follow the rules.

One of the new rules is for drivers to leave a minimum distance of at least 1.5 metres when overtaking cyclists. What is this figure in;

(a) centimetres? (b) millimetres? (c) kilometres?

Britishvolt gigafactory given £100m in taxpayer funding to help power electric car future

The battery factory is being built as the UK races to catch EU rivals in the battle to secure enough batteries ahead of the 2030 ban on the sale of new cars powered by petrol and diesel.



The Britishvolt project intends to manufacture power cells for 300 000 electric vehicle battery packs a year at their new factory.

Production is expected to begin in 2024.

How many electric vehicle battery packs is the factory expecting to produce in total by the time the ban on the sale of new cars powered by petrol or diesel comes into force?