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Level 3

Going to bed late shortens our life, says study

16th April, 2018

<https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

A new study says that going to bed late may be bad for our health. It may even shorten our life. The study was carried out in the United Kingdom. Researchers spent six-and-a-half years looking at the lifestyles of 430,000 adults between the ages of 38 and 73. At the end of the study, the researchers compared the deaths of people who went to bed early to those who went to bed late. They found that night owls (people who go to bed late) were 10 per cent more likely to die during the period of the study. The researchers concluded that night owls were at higher risk of an early death than early birds (people who slept early). Night owls were also at a greater risk of poor health compared to early birds.

The researchers said society and working patterns needed to change to reduce the risks of ill health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that can no longer be ignored." He suggested that night owls should be allowed to start and finish work later in the day so they could sleep longer in the morning. The researchers said that night owls were more likely to suffer from mental problems, diabetes, and stomach and breathing troubles. They were also more likely to smoke, drink alcohol and coffee, and take drugs. Researchers also said different sleeping patterns during the week and at weekends could increase the chances of health problems for night owls.

Sources: <http://abcnews.go.com/Health/bad-news-night-owls-people-bed-higher-risk/story?id=54430501>
<https://www.cbsnews.com/news/bad-news-for-night-owls-late-risers-may-die-sooner-study-finds/>
<https://www.livescience.com/20880-morning-people-happier.html>

WARM-UPS

1. SLEEPING LATE: Students walk around the class and talk to other students about sleeping late. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

going to bed / late / life / lifestyles / night owls / risk / sleep early / poor / early birds society / working patterns / ill health / finish / morning / mental problems / alcohol

Have a chat about the topics you liked. Change topics and partners frequently.

3. SLEEPING EARLY: Students A **strongly** believe it is always better to sleep early; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. HEALTH: What can we do to be healthier? Complete this table with your partner(s). Change partners often and share what you wrote.

	What you do	What you should do
Sleep		
Exercise		
Food		
Stress		
Friends		
Lifestyle		

5. LIFE: Spend one minute writing down all of the different words you associate with the word "life". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. BENEFITS: Rank these with your partner. Put the biggest benefits of sleeping early at the top. Change partners often and share your rankings.

- never tired
- get up early
- look younger
- never late
- sleep a lot
- good body clock
- get more things done
- healthier body

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. carried out | a. Might happen or be true; probable. |
| 2. lifestyles | b. Looked at two or more things to see how they are the same or different. |
| 3. compared | c. The way a person or group of people live. |
| 4. night owls | d. People who like to wake up early in the morning. |
| 5. likely | e. Done; performed an action. |
| 6. concluded | f. People who like to go to bed late. |
| 7. early birds | g. Came to have a final opinion about something after thinking about it or researching it. |

Paragraph 2

- | | |
|---------------|--|
| 8. society | h. Decided not to look at something, not talk to someone or not to take an action. |
| 9. reduce | i. The action of taking air into your body (through your mouth or nose) and then letting it out. |
| 10. issue | j. A disease where too much or not enough sugar in your body can cause problems. |
| 11. ignored | k. Make smaller or make less. |
| 12. diabetes | l. Risks; possibilities something might happen. |
| 13. breathing | m. All of the people living in a country, and the laws, customs, cultures, etc. |
| 14. chances | n. A big or important problem or topic to talk about. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. A study into sleeping late was conducted by researchers in the USA. **T / F**
- b. The research looked at the lifestyles of people aged from 21 to 70. **T / F**
- c. The study said that night owls are people who like to go to bed early. **T / F**
- d. Early birds have a better chance of living longer than night owls. **T / F**
- e. Researchers said working patterns should change to help people sleep. **T / F**
- f. A researcher said night owls should start work earlier. **T / F**
- g. Night owls will probably drink alcohol and smoke more than early birds. **T / F**
- h. Different sleeping patterns at the weekend could cause problems. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. study | a. probable |
| 2. shorten | b. difficulties |
| 3. likely | c. chance |
| 4. higher | d. disregarded |
| 5. risk | e. adjust |
| 6. change | f. report |
| 7. ignored | g. experience |
| 8. suffer from | h. greater |
| 9. allowed | i. reduce |
| 10. problems | j. permitted |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|------------------------------|
| 1. going to bed late may | a. to change |
| 2. The study was carried | b. likely to die |
| 3. between the ages | c. the week |
| 4. 10 per cent more | d. an early death |
| 5. at higher risk of | e. of 38 and 73 |
| 6. working patterns needed | f. from mental problems |
| 7. This is a public health | g. be bad for our health |
| 8. more likely to suffer | h. drugs |
| 9. take | i. issue |
| 10. different sleeping patterns during | j. out in the United Kingdom |

GAP FILL

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

A new (1) _____ says that going to bed late may be bad for our health. It may even (2) _____ our life. The study was carried out in the United Kingdom. Researchers (3) _____ six-and-a-half years looking at the lifestyles of 430,000 adults between the ages of 38 and 73. At the (4) _____ of the study, the researchers compared the deaths of people who went to bed early to (5) _____ who went to bed late. They found that night owls (people who go to bed late) were 10 per cent more (6) _____ to die during the period of the study. The researchers concluded that night owls were at (7) _____ risk of an early death than early birds (people who slept early). Night owls were also at a greater risk of poor health (8) _____ to early birds.

end
study
those
higher
spent
compared
shorten
likely

The researchers said society and working (9) _____ needed to change to reduce the risks of (10) _____ health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that can no longer be (11) _____." He suggested that night owls should be allowed to start and finish work (12) _____ in the day so they could sleep longer in the morning. The researchers said that night owls were more likely to (13) _____ from mental problems, diabetes, and stomach and (14) _____ troubles. They were also more likely to smoke, drink alcohol and coffee, and (15) _____ drugs. Researchers also said different sleeping patterns during the week and at weekends could increase the (16) _____ of health problems for night owls.

chances
ignored
patterns
take
suffer
ill
breathing
later

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

- 1) A new study says that going to bed late may be bad _____
 - a. from our healthy
 - b. for our healthier
 - c. for our health
 - d. of our healthiest
- 2) looking at the lifestyles of 430,000 adults between _____ 38 and 73
 - a. the aged of
 - b. the ages of
 - c. the age is of
 - d. the ageist of
- 3) night owls (people who go to bed late) were 10 per cent more likely to _____ period
 - a. die during the
 - b. die dueling the
 - c. did during the
 - d. day during the
- 4) The researchers concluded that night owls were at higher _____ early death
 - a. risky of an
 - b. riskier of an
 - c. rusk of an
 - d. risk of an
- 5) Night owls were also at a greater risk of poor health _____ early birds
 - a. compared too
 - b. compared two
 - c. compared to
 - d. compared thru
- 6) society and working patterns needed to change to _____
 - a. deduce the risks
 - b. reduce the risks
 - c. induce the risks
 - d. re-juice the risks
- 7) This is a public health issue that can no longer _____
 - a. be ignored
 - b. big snored
 - c. being gored
 - d. big gnawed
- 8) night owls should be allowed to start and finish work later in the day so they _____
 - a. could sleeps longing
 - b. could sleep long
 - c. could sleeps longer
 - d. could sleep longer
- 9) likely to suffer from mental problems, diabetes, and stomach and _____
 - a. breathe in troubles
 - b. breathing troubled
 - c. breathing troubles
 - d. breathe in troubled
- 10) Researchers also said different sleeping patterns _____
 - a. during a week
 - b. during the week
 - c. during the weeks
 - d. during the weak

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

A new study says that going to (1) _____ be bad for our health. It (2) _____ our life. The study was carried out in the United Kingdom. Researchers spent six-and-a-half years looking at the lifestyles of 430,000 adults (3) _____ of 38 and 73. At the end of the study, the researchers compared the deaths of people who went to bed (4) _____ who went to bed late. They found that night owls (people who go to bed late) were 10 per cent more likely to die (5) _____ of the study. The researchers concluded that night owls were at higher risk of an early death than early birds (people who slept early). Night owls (6) _____ a greater risk of poor health compared to early birds.

The researchers said society and working (7) _____ change to reduce the risks of ill health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that (8) _____ be ignored." He suggested that night owls (9) _____ to start and finish work later in the day so they could sleep longer in the morning. The researchers said that night owls were more (10) _____ from mental problems, diabetes, and stomach and breathing troubles. They were also more (11) _____, drink alcohol and coffee, and take drugs. Researchers also said different sleeping patterns (12) _____ and at weekends could increase the chances of health problems for night owls.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

1. Where was the research conducted?
2. How many adults did researchers look at?
3. What were the ages of the people the researchers looked at?
4. How much likelier to die during the study were night owls?
5. What is an early bird?
6. What did researchers say needed to change, besides society?
7. What kind of issue did a researcher call the risks from sleeping late?
8. What kind of problems did the researcher say night owls might have?
9. What two things might night owls drink more of?
10. What patterns did researchers say was different at weekends?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

- 1) Where was the research conducted?
 - a) the USA
 - b) the UK
 - c) the UFO
 - d) the UAE
- 2) How many adults did researchers look at?
 - a) 450,000
 - b) 420,000
 - c) 440,000
 - d) 430,000
- 3) What were the ages of the people the researchers looked at?
 - a) 38-73
 - b) 39-72
 - c) 37-74
 - d) 38-74
- 4) How much likelier to die during the study were night owls?
 - a) 17%
 - b) 20%
 - c) 10%
 - d) 15%
- 5) What is an early bird?
 - a) someone who goes to bed early
 - b) someone who wakes up early
 - c) someone who hates midnight
 - d) a pigeon
- 6) What did researchers say needed to change, besides society?
 - a) working patterns
 - b) beds
 - c) alarm clocks
 - d) all of us
- 7) What kind of issue did a researcher call the risks from sleeping late?
 - a) a big issue
 - b) an important issue
 - c) a public health issue
 - d) a sleep issue
- 8) What kind of problems did the researcher say night owls might have?
 - a) mental problems
 - b) pillow problems
 - c) noise problems
 - d) hair loss
- 9) What two things might night owls drink more of?
 - a) alcohol and coffee
 - b) alcohol and water
 - c) tea and coffee
 - d) water and tea
- 10) What patterns did researchers say was different at weekends?
 - a) colourful patterns
 - b) thinking patterns
 - c) material patterns
 - d) sleeping patterns

ROLE PLAY

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

Role A – Never Tired

You think never being tired is the biggest benefit of sleeping early. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least beneficial of these (and why): looking younger, getting more things done or having a healthier body.

Role B – Look Younger

You think looking younger is the biggest benefit of sleeping early. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least beneficial of these (and why): never being tired, getting more things done or having a healthier body.

Role C – Get More Things Done

You think getting more things done is the biggest benefit of sleeping early. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least beneficial of these (and why): looking younger, never being tired or having a healthier body.

Role D – Healthier Body

You think having a healthier body is the biggest benefit of sleeping early. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least beneficial of these (and why): looking younger, getting more things done or never being tired.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sleep' and 'late'.

sleep	late
--------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• new• looking• end• found• 10• poor	<ul style="list-style-type: none">• change• issue• finish• stomach• take• chances
---	--

SLEEPING LATE SURVEY

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

Write five GOOD questions about sleeping late in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

SLEEPING LATE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. What is the best time to go to bed?
4. Why is it good to go to bed early?
5. Do you sleep at different times during the week?
6. How do you feel when you wake up?
7. How unhealthy is going to bed late?
8. Why do people like going to bed late?
9. Are you a night owl or an early bird?
10. Will you change your sleeping pattern after reading this?

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SLEEPING LATE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'late'?
13. What do you think about what you read?
14. Should we be able to choose the time we start work?
15. How do you feel if you don't sleep enough?
16. Why are night owls more likely to smoke?
17. Do you agree that, "the early bird catches the worm"?
18. Why do some people think sleeping is a waste of time?
19. What advice do you have for people with sleeping problems?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

A new study says that going to bed late may be (1) _____ for our health. It may even shorten our life. The study was carried (2) _____ in the United Kingdom. Researchers spent six-and-a-half years looking at the lifestyles of 430,000 adults (3) _____ the ages of 38 and 73. At the end of the study, the researchers compared the deaths of people who went to bed early to (4) _____ who went to bed late. They found that night owls (people who go to bed late) were 10 per cent more likely to die during the period of the study. The researchers (5) _____ that night owls were at higher risk of an early death than early birds (people who slept early). Night owls were also at a greater (6) _____ of poor health compared to early birds.

The researchers said society and working patterns needed to (7) _____ to reduce the risks of ill health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that can (8) _____ longer be ignored." He suggested that night owls should be allowed to start and finish work later in the day (9) _____ they could sleep longer in the morning. The researchers said that night owls were more likely to suffer (10) _____ mental problems, diabetes, and stomach and breathing troubles. They were also more likely to smoke, drink alcohol and coffee, and (11) _____ drugs. Researchers also said different sleeping patterns (12) _____ the week and at weekends could increase the chances of health problems for night owls.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|---------------|----------------|----------------|
| 1. | (a) badly | (b) bad | (c) baddest | (d) badness |
| 2. | (a) in | (b) out | (c) up | (d) over |
| 3. | (a) up | (b) next | (c) among | (d) between |
| 4. | (a) their | (b) those | (c) them | (d) they |
| 5. | (a) concludes | (b) concluded | (c) conclusion | (d) concluding |
| 6. | (a) risky | (b) risked | (c) risk | (d) risqué |
| 7. | (a) chance | (b) charge | (c) change | (d) challenge |
| 8. | (a) now | (b) none | (c) no | (d) not |
| 9. | (a) soon | (b) that | (c) much | (d) so |
| 10. | (a) to | (b) as | (c) for | (d) from |
| 11. | (a) take | (b) eat | (c) munch | (d) swallow |
| 12. | (a) along | (b) between | (c) during | (d) among |

SPELLING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

Paragraph 1

1. The study was icrraed out in the UK
2. the leytsiesfl of 430,000 adults
3. researchers omcrdaep the deaths
4. 10 per cent more elkliy to die
5. during the eipord of the study
6. a greater risk of poor ehlath

Paragraph 2

7. ociesty and working patterns
8. eudrce the risks
9. can no longer be ongried
10. ufsefr from mental problems
11. ebhtairng troubles
12. could increase the hances

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

Number these lines in the correct order.

- (**1**) A new study says that going to bed late may be bad for our health. It may even shorten our life. The study was
- () of people who went to bed early to those who went to bed late. They found that night
- () study. The researchers concluded that night owls were at higher risk of an early death than early birds
- () longer in the morning. The researchers said that night owls were more likely to suffer from mental problems,
- () diabetes, and stomach and breathing troubles. They were also more likely to smoke, drink
- () (people who slept early). Night owls were also at a greater risk of poor health compared to early birds.
- () carried out in the United Kingdom. Researchers spent six-and-a-half years looking at the lifestyles
- () the week and at weekends could increase the chances of health problems for night owls.
- () The researchers said society and working patterns needed to change to reduce the risks of ill
- () owls (people who go to bed late) were 10 per cent more likely to die during the period of the
- () of 430,000 adults between the ages of 38 and 73. At the end of the study, the researchers compared the deaths
- () health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that can no longer
- () be ignored." He suggested that night owls should be allowed to start and finish work later in the day so they could sleep
- () alcohol and coffee, and take drugs. Researchers also said different sleeping patterns during

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

1. late bed Going bad . may to be
2. carried was UK . the in out The study
3. between 73 . the of 38 and Adults ages
4. to 10% owls more die . Night likely were
5. owls risk . Night also at were a greater
6. change to Patterns the to risks . needed reduce
7. day . Start finish work later the in and
8. problems . More to likely suffer mental from
9. to more also They smoke . were likely
10. sleeping week . the Different during patterns

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

A new study *says / saying* that going to bed late may be bad for our health. It may even *shorter / shorten* our life. The study was carried *out / up* in the United Kingdom. Researchers spent six-and-a-half years looking *for / at* the lifestyles of 430,000 adults between the *aged / ages* of 38 and 73. At the end of the *study / studied*, the researchers compared the deaths of people who went to bed early to *those / them* who went to bed late. They found that night owls (people who go to bed late) were 10 per cent *much / more* likely to die during the period of the study. The researchers concluded that night owls were at higher *risky / risk* of an early death than early birds (people who slept early). Night owls were also at a greater risk of poor *health / healthy* compared to early birds.

The researchers said society and working *pattern / patterns* needed to change to reduce the risks of *all / ill* health for night owls. Researcher Malcolm van Schantz said: "This is a public health *tissue / issue* that can no longer *be / is* ignored." He suggested that night owls should *be / can* allowed to start and finish work later in the day so they could sleep *longer / longing* in the morning. The researchers said that night owls were more likely to suffer *as / from* mental problems, diabetes, and stomach and breathing troubles. They were also more likely to smoke, *drinking / drink* alcohol and coffee, and take drugs. Researchers also said *different / difference* sleeping patterns during the week and *at / in* weekends could increase the chances of health problems for night owls.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

A n_w s t_d y s_y s t h_t g__ n g t_ b_d l_t_ m_y b_ b_d f_r __ r h__ l t h . I t m_y _v_n s h_r t_n __ r l_f_ . T h_ s t_d y w_s c_r r__ d __ t _n t h_ U n_t_d K_n g d_m . R_s__ r c h_r s s p_n t s_x -_n d -_ h_l f y__ r s l__ k_n g _t t h_ l_f_s t y l_s _f 4 3 0 , 0 0 0 _d_l t s b_t w__ n t h_ _g_s _f 3 8 _n d 7 3 . A t t h_ _n d _f t h_ s t_d y , t h_ r_s__ r c h_r s c_m p_r_d t h_ d__ t h s _f p__ p l_ w h_ w_n t t_ b_d __ r l y t_ t h_s_ w h_ w_n t t_ b_d l_t_ . T h_y f__ n d t h_t n_g h t _w l s (p__ p l_ w h_ g_ t_ b_d l_t_) w_r_ 1 0 p_r c_n t m_r_ l_k_l y t_ d__ d_r_n g t h_ p_r__ d _f t h_ s t_d y . T h_ r_s__ r c h_r s c_n c l_d_d t h_t n_g h t _w l s w_r_ _t h_g h_r r_s k _f _n __ r l y d__ t h t h_n __ r l y b_r d s (p__ p l_ w h_ s_l_p t __ r l y) . N_g h t _w l s w_r_ _l s _t _g r__ t_r r_s k _f p__ r h__ l t h c_m p_r_d t_ __ r l y b_r d s .

T h_ r_s__ r c h_r s s__ d s_c__ t y _n d w_r k_n g p_t t_r n s n__ d_d t_ c h_n g_ t_ r_d_c_ t h_ r_s k s _f _l l h__ l t h f_r n_g h t _w l s . R_s__ r c h_r M_l c_l m _v_n S c h_n t z s__ d : " T h_s _s _ p_b l_c h__ l t h _s s__ t h_t c_n n_ l_n g_r b__ g n_r_d . " H_ s_g g_s t_d t h_t n_g h t _w l s s h__ l d b_ _l l_w_d t_ s t_r t _n d f_n_s h w_r k l_t_r _n t h_ d_y s_ t h_y c__ l d s_l__ p l_n g_r _n t h_ m_r n_n g . T h_ r_s__ r c h_r s s__ d t h_t n_g h t _w l s w_r_ m_r_ l_k_l y t_ s_f f_r f_r m m_n t_l p r_b l_m s , d__ b_t_s , _n d s t_m_c h _n d b_r__ t h_n g t_r__ b l_s . T h_y w_r_ _l s_ m_r_ l_k_l y t_ s m_k_ , d_r_n k _l_c h_l _n d c_f f__ , _n d t_k_ d r_g s . R_s__ r c h_r s _l s_ s__ d d_f f_r_n t s_l__ p_n g p_t t_r n s d_r_n g t h_ w__ k _n d _t w__ k_n d s c__ l d _n c_r__ s_ t h_ c h_n c_s _f h__ l t h p_r_b l_m s f_r n_g h t _w l s .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

a new study says that going to bed late may be bad for our health it may even shorten our life the study was carried out in the united kingdom researchers spent sixandahalf years looking at the lifestyles of 430000 adults between the ages of 38 and 73 at the end of the study the researchers compared the deaths of people who went to bed early to those who went to bed late they found that night owls people who go to bed late were 10 per cent more likely to die during the period of the study the researchers concluded that night owls were at higher risk of an early death than early birds people who slept early night owls were also at a greater risk of poor health compared to early birds

the researchers said society and working patterns needed to change to reduce the risks of ill health for night owls researcher malcolm van schantz said this is a public health issue that can no longer be ignored he suggested that night owls should be allowed to start and finish work later in the day so they could sleep longer in the morning the researchers said that night owls were more likely to suffer from mental problems diabetes and stomach and breathing troubles they were also more likely to smoke drink alcohol and coffee and take drugs researchers also said different sleeping patterns during the week and at weekends could increase the chances of health problems for night owls.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

A new study says that going to bed late may be bad for our health. It may even shorten our life. The study was carried out in the United Kingdom. Researchers spent six-and-a-half years looking at the lifestyles of 430,000 adults between the ages of 38 and 73. At the end of the study, the researchers compared the deaths of people who went to bed early to those who went to bed late. They found that night owls (people who go to bed late) were 10 percent more likely to die during the period of the study. The researchers concluded that night owls were at a high risk of an early death than early birds (people who slept early). Night owls were also at a great risk of poor health compared to early birds. The researchers said society and working patterns needed to change to reduce the risk of ill health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that can no longer be ignored." He suggested that night owls should be allowed to start and finish work later in the day so they could sleep longer in the morning. The researchers said that night owls were more likely to suffer from mental problems, diabetes, and stomach and breathing troubles. They were also more likely to smoke, drink alcohol and coffee, and take drugs. Researchers also said different sleeping patterns during the week and at weekends could increase the chances of health problems for night owls.

ACADEMIC WRITING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late.html>

People should be allowed to choose at what time to start work / school. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. SLEEPING LATE: Make a poster about sleeping late. Show your work to your classmates in the next lesson. Did you all have similar things?

4. BODY CLOCK: Write a magazine article about being choosing their own work / study times and patterns to help their body clock. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on sleeping late. Ask him/her three questions about sleeping. Give him/her three of your ideas on how to get the best quality sleep. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. c 3. b 4. f 5. a 6. g 7. d
8. m 9. k 10. n 11. h 12. j 13. i 14. l

TRUE / FALSE (p.5)

- a F b F c F d T e T f F g T h T

SYNONYM MATCH (p.5)

- | | |
|----------------|-----------------|
| 1. study | a. report |
| 2. shorten | b. reduce |
| 3. likely | c. probable |
| 4. higher | d. greater |
| 5. risk | e. chance |
| 6. change | f. adjust |
| 7. ignored | g. disregarded |
| 8. suffer from | h. experience |
| 9. allowed | i. permitted |
| 10. problems | j. difficulties |

COMPREHENSION QUESTIONS (p.9)

1. The United Kingdom
2. 430,000
3. 38 to 73
4. 10% more likely
5. Someone who wakes up early
6. Working patterns
7. A public health issue
8. Mental problems
9. Coffee and alcohol
10. Sleeping patterns

WORDS IN THE RIGHT ORDER (p.20)

1. Going to bed late may be bad.
2. The study was carried out in the UK.
3. Adults between the ages of 38 and 73.
4. Night owls were 10% more likely to die.
5. Night owls were also at a greater risk.
6. Patterns needed to change to reduce the risks.
7. Start and finish work later in the day.
8. More likely to suffer from mental problems.
9. They were also more likely to smoke.
10. Different sleeping patterns during the week.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. a 4. c 5. b 6. a 7. c 8. a 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)