

## Going to bed early is better for us

18th February, 2019



The phrase, "The early bird catches the worm" may be true. It means people who wake up early get more done than people who don't. Another saying is from former U.S. President Benjamin Franklin. He said: "Early to bed, early to rise makes a man healthy, wealthy, and wise." Scientists have found that people who go to bed before 11pm may do better in life than people who sleep around 2:30am. The researchers are from Birmingham's Centre for Human Brain Health in the U.K. Their research showed that people who slept and rose early (early birds) had an advantage over people who slept and woke up late (night owls). There were differences in the brain function of early birds and night owls.

The scientists tested 38 people in their research. The people answered questionnaires about their sleeping pattern and when they felt tired during the day. They were then put into an early bird or night owl group based on their answers. All of the people had MRI scans on their brain and did different tests throughout the day. The early birds said they felt less sleepy and were able to do the tests quicker than the night owls. The researchers said there were big differences between the two groups. The researchers said: "Night owls during school have to get up earlier, then they go into work and they have to get up earlier, so they're constantly having to fight against their preferences and natural rhythms."

**Mistake: Benjamin Franklin was a Founding Father of the USA, not a President.**

Sources: [medicaldaily.com](http://medicaldaily.com) / [livescience.com](http://livescience.com) / [newsweek.com](http://newsweek.com)

## Writing

Being an early bird is better than being a night owl. Discuss.

## Chat

Talk about these words from the article.

early / bird / worm / president / healthy / wealthy / wise / sleep / advantage / brain / scientist / questionnaire / answer / MRI scan / sleepy / school / preferences / rhythms

## True / False

- a) The article suggests the early bird may not catch worms. T / F
- b) A U.S. president said going to bed early could make you wealthier. T / F
- c) People who sleep before 11pm could be more successful in life. T / F
- d) The brain functions of night owls and early birds are different. T / F
- e) Nearly 380 people took part in the research. T / F
- f) The research participants had a scan on their brain. T / F
- g) Researchers found small differences between night owls and early birds. T / F
- h) Night owls don't have to fight against their natural rhythms. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                          |                     |
|--------------------------|---------------------|
| 1. <b>phrase</b>         | a. always           |
| 2. <b>done</b>           | b. got up           |
| 3. <b>former</b>         | c. variations       |
| 4. <b>rose</b>           | d. for the whole of |
| 5. <b>differences</b>    | e. achieved         |
| 6. <b>questionnaires</b> | f. replies          |
| 7. <b>answers</b>        | g. tempos           |
| 8. <b>throughout</b>     | h. saying           |
| 9. <b>constantly</b>     | i. surveys          |
| 10. <b>rhythms</b>       | j. ex-              |

## Discussion – Student A

- a) What do you think about what you read?
- b) What are you like if you have not slept enough?
- c) What is your sleeping pattern like?
- d) What are you like when you are very sleepy?
- e) What time do you think people should start work?
- f) What are your body's natural rhythms?
- g) Would you like to take a pill that means you don't have to sleep?
- h) What questions would you like to ask the researchers?

## Phrase Match

- |                               |                           |
|-------------------------------|---------------------------|
| 1. The early bird             | a. in life                |
| 2. Early to bed,              | b. between the two groups |
| 3. do better                  | c. function               |
| 4. had an advantage           | d. questionnaires         |
| 5. brain                      | e. to fight               |
| 6. people answered            | f. over people            |
| 7. people had MRI scans       | g. the day                |
| 8. throughout                 | h. catches the worm       |
| 9. there were big differences | i. on their brain         |
| 10. they're constantly having | j. early to rise          |

## Discussion – Student B

- Why does the early bird catch the worm?
- What do you think of getting up early?
- How early is early?
- Are you an early bird or a night owl?
- How might getting up early make someone wealthier?
- How might getting up early make someone healthier?
- How might getting up early make someone wiser?
- What do you think of sleep?

## Spelling

- The early bird ahccst the worm
- merofr U.S. President Benjamin Franklin
- wtalehy and wise
- uamhn brain health
- an vegaadatn over people who slept
- brain fnucniot
- The essitiscn tested 38 people
- felt tired drqiun the day
- thruuhotgo the day
- there were big ednriefesfc
- they're nloctsnnya having to fight
- natural ryshhmt

### Answers – Synonym Match

1. h	2. e	3. j	4. b	5. c
6. i	7. f	8. d	9. a	10. g

## Role Play

### Role A – 6pm

You think 6pm is the best time to go to bed. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these times (and why): 12am, 3am or 6am.

### Role B – 12am

You think 12am is the best time to go to bed. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these times (and why): 6pm, 3am or 6am.

### Role C – 3am

You think 3am is the best time to go to bed. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these times (and why): 12am, 6pm or 6am.

### Role D – 6am

You think 6am is the best time to go to bed. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these times (and why): 12am, 3am or 6pm.

## Speaking – Bed Time

Rank these with your partner. Put the best times to go to bed at the top. Change partners often and share your rankings.

- |        |        |
|--------|--------|
| • 6am  | • 6pm  |
| • 9am  | • 9pm  |
| • 12pm | • 12am |
| • 3pm  | • 3am  |

### Answers – True False

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

Answers to Phrase Match and Spelling are in the text.