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Level 2 – 24th March, 2022

Sleeping with a light on can harm our health

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<https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-2.html>

Sleep is important for our health. Not everyone knows it is important to sleep in the dark. Researchers say sleeping with the light on could be bad for us. Turning off the light when we sleep helps to keep away diabetes and heart disease. Light could increase the risk of getting these diseases. Around 40 per cent of people sleep with some sort of artificial light, from a television, alarm clock or something else. The worst thing is sleeping with a main light. Sleeping in the dark is more difficult for people in cities, where there is a lot of outdoor light at night.

The researchers are from a university of medicine in Chicago, USA. Researcher Dr Phyllis Zee is an expert in sleep medicine. She said it is healthier to turn off all lights when we sleep. She conducted a study of the blood sugar levels of 20 people after nights of sleep. The people who slept with a light on had higher sugar levels than those who slept in darkness. Dr Zee said light stimulates brain activity, which raises blood sugar. She said there are three things we can do to reduce the risk of illness: turn off the lights, never sleep with white or blue light; and wear an eye mask.

Sources: <https://www.thesun.co.uk/health/17945561/how-sleep-increase-risk-killer-disease/>
<https://www.smithsonianmag.com/smart-news/sleeping-with-even-a-dim-light-can-raise-blood-sugar-and-heart-rate-180979738/>
<https://news.yahoo.com/study-shows-light-during-nighttime-032500889.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|---------------------------|
| 1. it is important to | a. clock |
| 2. helps to keep away | b. sleep in the dark |
| 3. Light could increase the risk of | c. more difficult |
| 4. some sort of artificial | d. getting these diseases |
| 5. alarm | e. light at night |
| 6. The worst thing is sleeping | f. light |
| 7. Sleeping in the dark is | g. diabetes |
| 8. there is a lot of outdoor | h. with a main light |

PARAGRAPH TWO:

- | | |
|---------------------------|------------------|
| 1. an expert in sleep | a. activity |
| 2. She conducted a | b. or blue light |
| 3. higher sugar | c. study |
| 4. light stimulates brain | d. an eye mask |
| 5. reduce the risk | e. medicine |
| 6. turn off | f. of illness |
| 7. never sleep with white | g. levels |
| 8. wear | h. the lights |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-2.html>

Sleep is important (1) _____. Not everyone knows it is important to sleep (2) _____. Researchers say sleeping with the light on could be bad for us. Turning off the light when we sleep helps (3) _____ diabetes and heart disease. Light could increase the risk of getting these diseases. Around 40 per cent of people sleep with some sort (4) _____, from a television, alarm clock or something else. The (5) _____ sleeping with a main light. Sleeping in the dark is more difficult for people in cities, where there is a lot (6) _____ at night.

The researchers are from a (7) _____ in Chicago, USA. Researcher Dr Phyllis Zee (8) _____ in sleep medicine. She said it is healthier to turn off all lights when we sleep. She conducted a study of the (9) _____ of 20 people after nights of sleep. The people who slept with a light on had higher sugar levels than those who (10) _____. Dr Zee said light stimulates brain activity, which raises blood sugar. She said there are three things we can do to (11) _____ of illness: turn off the lights, never sleep with white or blue light; and wear (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-2.html>

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SLEEPING SURVEY

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-2.html>

Write five GOOD questions about sleeping 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

