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Level 0 – 31st August 2023

Researchers find best temperature for sleeping well

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<https://breakingnewsenglish.com/2308/230831-sleeping-temperature-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-0.html>

How hot or cold a room is affects sleep. Researchers say a room between 20-25° Celsius is best. The researchers monitored 50 people aged 65 and older for 18 months. The people's sleep worsened when their room was not between 20-25°C. Researchers say 20°C is the best temperature for a deep sleep.

Sleep quality could fall by 10 per cent if it is too warm or too cool. Poor sleep can bring health problems, like diabetes and heart disease. It can also increase stress. The researchers said people should make a comfortable environment to sleep well. They also said climate change could change our sleep.

Sources: <https://www.dailymail.co.uk/health/article-12451731/The-secret-good-sleep-Dont-let-things-hot-bedroom-Researchers-discover-ideal-temperature-restful-night.html>
<https://www.msn.com/en-us/health/medical/what-s-the-best-temperature-for-sleep-researchers-suggest-this-range/ar-AA1fTzHP>
<https://metro.co.uk/2023/08/28/the-best-way-to-get-a-good-nights-sleep-for-older-people-19406931/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-0.html>

PARAGRAPH ONE:

- | | |
|--------------------------|----------------|
| 1. How hot or cold | a. sleep |
| 2. researchers monitored | b. worsened |
| 3. aged 65 | c. 50 people |
| 4. for 18 | d. temperature |
| 5. The people's sleep | e. a room is |
| 6. between | f. and older |
| 7. 20°C is the best | g. 20-25°C |
| 8. a deep | h. months |

PARAGRAPH TWO:

- | | |
|--------------------------------|-------------------|
| 1. Sleep quality could fall | a. stress |
| 2. Poor sleep can bring health | b. change |
| 3. heart | c. by 10 per cent |
| 4. increase | d. environment |
| 5. make a comfortable | e. sleep |
| 6. sleep | f. problems |
| 7. climate | g. disease |
| 8. change our | h. well |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-0.html>

(1) _____ cold a room is affects sleep.

Researchers (2) _____ between 20-25° Celsius is

best. The researchers monitored (3) _____ 65

and older for 18 months. The (4) _____ when

their room (5) _____ 20-25°C. Researchers say

20°C is the best temperature for (6) _____.

Sleep (7) _____ by 10 per cent if it is too

(8) _____ cool. Poor sleep can bring

(9) _____ diabetes and heart disease. It

(10) _____ stress. The researchers said people

should make a comfortable environment (11) _____.

They also said climate (12) _____ our sleep.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-0.html>

How hot or cold a room is affects sleep. Researchers say a room between 20-25°C is best. The researchers monitored 50 people aged 65 and older for 18 months. The people's sleep worsened when their room was not between 20-25°C. Researchers say 20°C is the best temperature for a good night's sleep. Sleep quality could fall by 10 percent if it is too warm or too cool. Poor sleep can bring health problems, like diabetes and heart disease. It can also increase stress. The researchers said people should make a comfortable environment to sleep well. They also said climate change could change our sleep.

SLEEPING SURVEY

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-0.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) _____

