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Level 4

Women do not get enough sleep

30th January, 2016

<http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-4.html>

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Please try the harder Level 5 and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-4.html>

A new report says a lack of sleep can cause long-term health issues and even death. Women are more likely to have problems sleeping than men. Researchers from the Sleep Apnoea Trust Association questioned 4,100 adults. Apnoea is when breathing stops for a short time during sleep. Almost half of the women did not sleep enough. This compared to 36 per cent of men. Women were also more likely than men to wake up at night.

Health experts warn that feeling exhausted due to little sleep could be a sign of a serious problem. Many women do not know about the dangers. Only a quarter see a doctor about this. A sleep expert said: "Often women think that feeling exhausted is just part of modern life when in fact it could be something more serious....It leaves women at risk of reduced quality of life. Bad cases of sleep apnoea can cause heart attacks and strokes.

Sources: http://www.huffingtonpost.co.uk/2016/01/26/half-of-women-in-uk-sleep-deprived_n_9076030.html
<http://www.telegraph.co.uk/women/health/half-of-women-face-serious-health-problems-due-to-not-getting-en/>
<http://www.techtimes.com/articles/128095/20160127/half-of-women-at-risk-of-serious-health-conditions-because-they-do-not-sleep-enough.htm>

MATCHING

From <http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-4.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|----------------------------|
| 1. a lack of sleep can cause long- | a. the women |
| 2. Women are more | b. than men |
| 3. questioned | c. term health issues |
| 4. breathing stops for a short | d. at night |
| 5. Almost half of | e. likely to have problems |
| 6. This compared to | f. time during sleep |
| 7. more likely | g. 4,100 adults |
| 8. wake up | h. 36 per cent of men |

PARAGRAPH TWO:

- | | |
|------------------------|----------------------|
| 1. feeling | a. at risk |
| 2. a sign of | b. of sleep apnoea |
| 3. women do not know | c. expert |
| 4. A sleep | d. and strokes |
| 5. It leaves women | e. exhausted |
| 6. reduced quality | f. about the dangers |
| 7. Bad cases | g. of life |
| 8. cause heart attacks | h. a serious problem |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-4.html>

A (1) _____ a lack of sleep can cause long-term health issues and even death. Women are (2) _____ have problems (3) _____. Researchers from the Sleep Apnoea Trust Association questioned 4,100 adults. Apnoea (4) _____ stops for a short time during sleep. Almost half of the women did (5) _____. This compared to 36 per cent of men. Women were also more likely than men (6) _____ night.

Health experts warn that feeling exhausted (7) _____ sleep could (8) _____ serious problem. Many women do not know about the dangers. Only (9) _____ a doctor about this. A sleep expert said: "Often women think that feeling exhausted (10) _____ modern life when in fact it could be something more serious....It leaves women at (11) _____ quality of life. Bad cases of sleep apnoea (12) _____ attacks and strokes.

SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-4.html>

Write five GOOD questions about sleep 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)

g)

h)

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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)

g)

h)

