

www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

www.breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freeeslmaterials.com/sean_banville_lessons.html

Level 5

Binge-watching television causes sleep problems

20th August, 2017

<http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-5.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 4 and 6. They are (a little) harder.

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +



<https://plus.google.com/+SeanBanville>

THE READING

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-5.html>

New research shows that binge-watching television can harm your health. Binge-viewing is watching back-to-back TV shows for a long time in a single sitting. It has been increasing across the world because of online streaming and downloading services. Researchers from universities in the USA and Belgium surveyed 423 people aged 18-25 on their TV-viewing habits. They found that binge-viewing greatly interrupted sleep patterns. Professor Jan Van den Bulck said: "Our study signals that binge-viewing is prevalent in young adults and that it may be harmful to their sleep."

The researchers asked people about sleep quality, levels of fatigue and insomnia. They also asked how often they binge-watched programs on televisions, laptops and computers. Over 80 per cent of the participants said they binge-watch. Over 20 per cent do so several times a week. Binge-watchers are 98 per cent more likely to sleep poorly. A researcher said: "Bingeable TV shows have plots that keep the viewer tied to the screen....They become intensely involved with the content and may keep thinking about it when they want to go to sleep." She said this caused sleep problems.

Sources: <http://www.news.com.au/national/breaking-news/checkup-medical-column-for-aug-18/news-story/9f016d4baf2e8f46c9b27b0eff5648a7>
<http://denver.cbslocal.com/2017/08/15/binge-watching-tv-shows-sleep-insomnia-study/>
<http://www.medicaldaily.com/binge-watching-turning-you-zombie-irl-421340>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-5.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|-------------------------|
| 1. watching television can harm | a. across the world |
| 2. watching back-to- | b. in young adults |
| 3. It has been increasing | c. habits |
| 4. online streaming and | d. to their sleep |
| 5. TV-viewing | e. your health |
| 6. greatly interrupted | f. downloading services |
| 7. binge-viewing is prevalent | g. back TV shows |
| 8. it may be harmful | h. sleep patterns |

PARAGRAPH TWO:

- | | |
|-----------------------------------|--------------------------|
| 1. asked people about sleep | a. programs |
| 2. levels of fatigue and | b. to the screen |
| 3. how often they binge-watched | c. to sleep poorly |
| 4. Over 20 per cent do so several | d. insomnia |
| 5. more likely | e. plots |
| 6. Bingeable TV shows have | f. quality |
| 7. keep the viewer tied | g. caused sleep problems |
| 8. She said this | h. times a week |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-5.html>

New research (1) _____-watching television can harm your health. Binge-viewing is watching back-to-back TV (2) _____ in a single sitting. It has been increasing across the world (3) _____ streaming and downloading services. Researchers from (4) _____ USA and Belgium surveyed 423 people aged 18-25 on their TV-viewing habits. They found that binge-viewing (5) _____ sleep patterns. Professor Jan Van den Bulck said: "Our study signals that binge-viewing is prevalent in young adults and (6) _____ harmful to their sleep."

The researchers asked (7) _____ quality, levels of fatigue and insomnia. They also asked (8) _____ binge-watched programs on televisions, laptops and computers. Over 80 per cent of the participants said they binge-watch. Over 20 per cent (9) _____ a week. Binge-watchers are 98 per cent more likely to sleep poorly. A researcher said: "Bingeable TV (10) _____ that keep the viewer tied to the screen....They (11) _____ involved with the content and may keep thinking about it when they want to go to sleep." She said (12) _____ problems.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-5.html>

New research shows that binge-watching television can harm your health. Binge-viewing is watching back-to-back TV shows for a long time in a single sitting. It has been increasing across the world because of online streaming and downloading services. Researchers from universities in the USA and Belgium surveyed 423 people aged 18-25 on their TV-viewing habits. They found that binge-viewing greatly interrupted sleep patterns. Professor Jan Vanden Bulck said: "Our study signals that binge-viewing is prevalent in young adults and that it may be harmful to their sleep. The researchers asked people about sleep quality, level of fatigue and insomnia. They also asked how often they binge-watched programs on televisions, laptops and computers. Over 80 percent of the participants said they binge-watch. Over 20 percent do so several times a week. Binge-watchers are 98 percent more likely to sleep poorly. A researcher said: "Bingeable TV shows have plots that keep the viewer tied to the screen ... They become intensely involved with the content and may keep thinking about it when they want to go to sleep." She said this causes sleep problems.

WATCHING TV SURVEY

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-4.html>

Write five GOOD questions about watching TV 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) _____

Binge-watching television causes sleep problems – 20th August, 2017
More free lessons at www.BreakingNewsEnglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

