

## Women do not get enough sleep

30th January, 2016



It will come as no surprise to know that a lack of sleep isn't good for us. A new report suggests sleep deprivation can result in long-term health issues and even death. It also says that women are more

likely to experience difficulties sleeping than men. The report is based on a survey of 4,100 British adults and is called 'Reclaim Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association. Apnoea is the temporary cessation of breathing, especially during sleep. Almost half of the women surveyed (43 per cent) said they did not get enough sleep. This compared to 36 per cent of men who said they did not sleep well. Women were also more prone than men to waking up during the night.

Health experts have warned that feeling exhausted due to a lack of sleep could be a sign of a serious underlying medical condition. However, many women are unaware of the dangers, with only a quarter see a doctor about sleeplessness. Professor John Stradling of Oxford University said: "Often women think that feeling exhausted is just part of modern life when in fact it could be something more serious." He added that not treating sleep deficiency, "leaves women at risk of reduced quality of life and serious health conditions". In more severe cases, when left untreated, conditions like sleep apnoea can kill people because it can bring on heart attacks and strokes.

Sources: *Huffington Post* / *telegraph.co.uk* / *techtimes.com*

## Writing

Sleep is the most important thing in the world for our body. Discuss.

## Chat

Talk about these words from the article.

*surprise / sleep deprivation / difficulties sleeping / breathing / wake up during the night / exhausted / medical condition / unaware / serious / at risk / heart attacks / strokes*

## True / False

- The article says it is a surprise that a lack of sleep isn't good for us. T / F
- Researchers questioned 4,100 British people about sleep. T / F
- Over half of women in a survey said they did not sleep well. T / F
- Men woke up more during the night than women. T / F
- Feeling exhausted could signal a serious medical problem. T / F
- Over a third of women see a doctor about not sleeping enough. T / F
- A doctor said women thought a lack of sleep was a part of modern life. T / F
- A lack of sleep can kill people. T / F

## Synonym Match

- |               |                |
|---------------|----------------|
| 1. surprise   | a. end         |
| 2. issues     | b. hidden      |
| 3. temporary  | c. problems    |
| 4. cessation  | d. specialists |
| 5. prone      | e. shock       |
| 6. experts    | f. cause       |
| 7. sign       | g. acute       |
| 8. underlying | h. liable      |
| 9. severe     | i. indication  |
| 10. bring on  | j. brief       |

## Discussion – Student A

- How much sleep do you need?
- Do people not sleep because there are distractions like TV and mobile phones?
- What medical problems can a lack of sleep cause?
- What advice would you give to someone who cannot sleep?
- How tiring is modern life?
- What three adjectives best describe sleep, and why?
- Will you change your sleeping habits after reading this article?
- What questions would you like to ask the researchers?

## Phrase Match

- |                                      |                        |
|--------------------------------------|------------------------|
| 1. It will come as no                | a. quality of life     |
| 2. sleep                             | b. of breathing        |
| 3. Apnoea is the temporary cessation | c. than men            |
| 4. more prone                        | d. cases               |
| 5. waking up                         | e. surprise            |
| 6. a serious underlying              | f. on heart attacks    |
| 7. feeling exhausted is just         | g. medical condition   |
| 8. at risk of reduced                | h. during the night    |
| 9. In more severe                    | i. part of modern life |
| 10. it can bring                     | j. deprivation         |

## Discussion – Student B

- How important is sleep to you?
- What do you think about what you read?
- How are you if you do not have enough sleep?
- What do you know about sleep deprivation?
- What is your sleeping pattern like?
- Would you like a pill than can replace the need for sleep?
- Could you sleep more if you wanted to?
- What do you do when you cannot get to sleep?

## Spelling

- sleep rpotvniedai
- a eysrvu of 4,100 British adults
- Apnoea is the eotmryapr cessation of breathing
- Almost half of the women sreudyve
- This eacrdmop to 36 per cent of men
- Women were also more nroep than men
- Health pxsrtee
- feeling haesxdetu due to a lack of sleep
- a serious ylengindru medical condition
- treating sleep nicdefciye
- at risk of reduced qyltiua of life
- In more reesev cases

### Answers – Synonym Match

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

## Role Play

### Role A – A good bed

You think a good bed is the best thing to fall asleep. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): milk before bed, reading a book or music.

### Role B – Milk before bed

You think milk before bed is the best thing to fall asleep. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): a good bed, reading a book or music.

### Role C – Reading a book

You think reading a book is the best thing to fall asleep. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): milk before bed, a good bed or music.

### Role D – Music

You think music is the best thing to fall asleep. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): milk before bed, reading a book or a good bed.

## Speaking – Sleep

Rank these with your partner. Put the best things to help you sleep at the top. Change partners often and share your rankings.

- |                  |                   |
|------------------|-------------------|
| • reading a book | • a good bed      |
| • an early night | • no light        |
| • food           | • milk before bed |
| • music          | • exercise        |

### Answers – True False

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

Answers to Phrase Match and Spelling are in the text.