

Binge-watching television causes sleep problems

20th August, 2017



New research shows that binge-watching television can adversely affect your health. Binge-viewing involves excessive watching of back-to-back TV shows in a single sitting. It has become prevalent across the world with the advent of online streaming and downloading services. Researchers from the

University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium surveyed 423 people aged 18-25 on their TV-viewing habits. Their research found that binge-viewing greatly interrupted sleep patterns. Co-author 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 participants about their sleep quality, levels of fatigue and prevalence of insomnia. They also enquired about their frequency of binge-watching programs on televisions, laptops and desktop computers. Over 80 per cent of the participants reported binge-watching, with 20 per cent doing so several times a week. Binge-watchers are 98 per cent more likely to experience poor sleep quality. A researcher said: "Bingeable TV shows have plots that keep the viewer tied to the screen. We think they become intensely involved with the content and may keep thinking about it when they want to go to sleep." She said this caused people problems when trying to sleep.

Sources: news.com.au / cbslocal.com / medicaldaily.com

Writing

Television does more harm than good. Discuss.

Chat

Talk about these words from the article.

research / binge / excessive / prevalent / streaming / downloading / habits / sleep / fatigue / insomnia / frequency / laptops / several times a week / quality / content

True / False

- Binge-watching involves looking at back-to-back TV shows. T / F
- The advent of streaming has increased binge-watching television. T / F
- Researchers looked at over 400 20-year-olds. T / F
- Researchers say binge-watching is very common among young people. T / F
- Over 80% of the participants said they binge-watched. T / F
- Binge-watchers are 98% less likely to suffer from sleeping problems. T / F
- 'Bingeable' shows generally have weaker plots. T / F
- When people think about TV shows, they get to sleep more quickly. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|---------------------|------------------|
| 1. adversely | a. a number of |
| 2. excessive | b. widespread |
| 3. prevalent | c. tiredness |
| 4. surveyed | d. material |
| 5. interrupt | e. negatively |
| 6. fatigue | f. created |
| 7. insomnia | g. obstruct |
| 8. several | h. extreme |
| 9. content | i. sleeplessness |
| 10. caused | j. interviewed |

Discussion – Student A

- How important is TV to you?
- How much TV-watching is too much?
- What are the good and bad things about television?
- What are your favourite TV shows?
- How important is streaming for TV shows?
- Are viewing habits different for older and younger people?
- What experiences do you have of binge-watching?
- In what ways might TV harm our health?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

- | | |
|--|-----------------------|
| 1. binge-watching television can adversely | a. to their sleep |
| 2. excessive watching of back-to- | b. patterns |
| 3. It has become prevalent | c. to the screen |
| 4. greatly interrupted sleep | d. across the world |
| 5. it may be harmful | e. fatigue |
| 6. levels of | f. times a week |
| 7. televisions, laptops and | g. affect your health |
| 8. doing so several | h. content |
| 9. plots that keep the viewer tied | i. desktop computers |
| 10. become intensely involved with the | j. back TV shows |

Discussion – Student B

- What do you think about what you read?
- What would life be like without television?
- How are your levels of fatigue and insomnia?
- Is it best to watch shows on TV or computers?
- Should governments do something about binge-viewing?
- What shows keep you glued to the TV screen?
- What do you do if you can't sleep?
- What questions would you like to ask the researchers?

Spelling

- rdvlyaees affect your health
- involves ecseisxev watching
- It has become eveprtaln across the world
- eydvrseu 423 people
- greatly rnetdertipu sleep patterns
- Our study nglasis that
- The researchers asked sp pianacirtt
- levels of fagieut
- their ryfeucneq of binge-watching
- doing so lrsavee times a week
- keep the irwvee tied to the screen
- become entnylsie involved

Answers – Synonym Match

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

Role Play

Role A – Documentaries

You think documentaries are the best TV shows. Tell the others three reasons why. Tell them what is wrong with their shows. Also, tell the others which is the least interesting of these (and why): news programmes, comedy shows or chat shows.

Role B – News

You think news programmes are the best TV shows. Tell the others three reasons why. Tell them what is wrong with their shows. Also, tell the others which is the least interesting of these (and why): documentaries, comedy shows or chat shows.

Role C – Comedy

You think comedy shows are the best TV shows. Tell the others three reasons why. Tell them what is wrong with their shows. Also, tell the others which is the least interesting of these (and why): news programmes, documentaries or chat shows.

Role D – Chat Shows

You think chat shows are the best TV shows. Tell the others three reasons why. Tell them what is wrong with their shows. Also, tell the others which is the least interesting of these (and why): news programmes, comedy shows or documentaries.

Speaking – TV Shows

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|-----------------|----------|
| • music | • dramas |
| • comedy | • news |
| • chat show | • sports |
| • documentaries | • nature |

Answers – True False

a	T	b	T	c	F	d	T	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.