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Level 5 – 6th November 2023

Fatigue and sleeplessness are on the rise

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<https://breakingnewsenglish.com/2311/231106-fighting-fatigue-5.html>

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

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THE READING

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-5.html>

In today's hectic world, more of us are experiencing tiredness and fatigue. Experts say there is an increase in chronic fatigue syndrome (CFS). This is a disorder that makes us feel extremely tired. That tiredness does not go away even if we rest. A sleep specialist said: "Our lifestyles are characterised by constant connectivity, high stress and inadequate sleep." Furthermore, a nutritionist said people with CFS suffer from a lack of energy that affects their daily life. She said there was no cure for CFS, but a good diet could help to manage symptoms.

A specialist in preventative medicine offered some advice about how to deal with fatigue and a lack of sleep. He has a three-step bedtime plan. Step one is to turn the lights off because light keeps our brain active. Blue light from phones is particularly harmful. The second step is a room temperature of around 19°C. A cool room helps to reduce body temperature, which helps sleep. The final step is to reduce all noise. As for food, a life coach recommended we eat bananas to help us get a better night's rest. He said bananas contain chemicals that help us sleep.

Sources: <https://www.mirror.co.uk/lifestyle/health/top-tips-fight-fatigue-having-31309481>
<https://indianexpress.com/article/lifestyle/food-wine/diet-for-chronic-fatigue-gives-energy-9001654/>
<https://www.nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|--------------------|
| 1. In today's hectic | a. connectivity |
| 2. there is an increase in chronic | b. of energy |
| 3. tiredness does not go away | c. symptoms |
| 4. constant | d. fatigue |
| 5. inadequate | e. world |
| 6. suffer from a lack | f. sleep |
| 7. She said there was no cure | g. even if we rest |
| 8. help to manage | h. for CFS |

PARAGRAPH TWO:

- | | |
|----------------------------------|-------------------------|
| 1. A specialist in preventative | a. temperature |
| 2. offered some advice about how | b. help us sleep |
| 3. He has a three- | c. all noise |
| 4. Blue light from phones is | d. to deal with fatigue |
| 5. helps to reduce body | e. night's rest |
| 6. The final step is to reduce | f. particularly harmful |
| 7. help us get a better | g. medicine |
| 8. chemicals that | h. step bedtime plan |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-5.html>

In (1) _____, more of us are experiencing tiredness and fatigue. Experts say there is an increase (2) _____ syndrome (CFS). This is a disorder that makes us feel extremely tired. That tiredness does not go (3) _____ we rest. A sleep specialist said: "Our lifestyles are characterised (4) _____, high stress and inadequate sleep." Furthermore, a nutritionist said people with CFS suffer from a lack of energy that (5) _____ life. She said there was no cure for CFS, but a good diet could help (6) _____.

A specialist (7) _____ offered some advice about how to (8) _____ and a lack of sleep. He has a three-step bedtime plan. Step one is to turn the lights off because light keeps (9) _____. Blue light from phones (10) _____. The second step is a room temperature of around 19°C. A cool room helps to reduce body temperature, which helps sleep. The final step is to (11) _____. As for food, a life coach recommended we eat bananas to help us get a better night's rest. He said bananas (12) _____ help us sleep.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-5.html>

Intoday'shecticworld,moreofusareexperiencingtirednessandfatigue
.Expertssaythereisanincreaseinchronicfatiguesyndrome(CFS).Thisi
sadisorderthatmakesusfeeextremelytired.Thattirednessdoesnotgo
awayevenifwerest.Asleepspecialistsaid:"Ourlifestylesarecharacteri
sedbyconstantconnectivity,highstressandinadequatesleep."Further
more,anutritionistsaidpeoplewithCFSsufferfromalackofenergythata
ffectstheirdailylife.ShesaidtherewasnocureforCFS,butagooddietcou
ldhelptomanagesymptoms.Aspecialistinpreventativemedicineoffer
edsomeadviceabouthowtodealwithfatigueandalackofsleep.Hehasat
hree-stepbedtimeplan.Steponeistoturnthelightsoffbecauselightkee
psourbrainactive.Bluelightfromphonesisparticularlyharmful.Thesec
ondstepisaroomtemperatureofaround19°C.Acoolroomhelpstoreduc
ebodytemperature,whichhelpssleep.Thefinalstepistoreduceallnoise
.Asforfood,alifecoachrecommendedweeatbananastohelpusgetabet
ernight'srest.Hesaidbananascontainchemicalsthathelpussleep.

FATIGUE SURVEY

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-4.html>

Write five GOOD questions about fatigue 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) _____

