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Level 5

Women do not get enough sleep

30th January, 2016

<http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-5.html>

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Please try Level 4 (easier) and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-5.html>

A new report says sleep deprivation is not good for us. It can cause long-term health issues and even death. It also says women are more likely to have problems sleeping than men. Researchers questioned 4,100 British adults in the 'Reclaim Your Sleep' survey. This is from a group called the Sleep Apnoea Trust Association. Apnoea is when someone's breathing stops for a short time while he or she is asleep. Almost half of the women questioned said they did not sleep enough. This compared to 36 per cent of men. Women were also more likely than men to wake up during the night.

Health experts have warned that feeling exhausted due to a lack of sleep could be a sign of a serious medical problem. Many women are unaware of the dangers. Only a quarter see a doctor about sleeplessness. Sleep expert Dr John Stradling 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 this, "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 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-5.html>

PARAGRAPH ONE:

- | | |
|---|----------------------------|
| 1. A new report says sleep | a. women questioned |
| 2. It can cause long-term health issues | b. 4,100 British adults |
| 3. Researchers questioned | c. likely than men |
| 4. someone's breathing stops | d. deprivation is not good |
| 5. Almost half of the | e. to 36 per cent of men |
| 6. This compared | f. the night |
| 7. Women were also more | g. and even death |
| 8. wake up during | h. for a short time |

PARAGRAPH TWO:

- | | |
|--------------------------------|------------------------------|
| 1. feeling exhausted due | a. modern life |
| 2. a sign of a serious medical | b. of life |
| 3. Many women are unaware | c. problem |
| 4. Only a quarter see | d. of the dangers |
| 5. just part of | e. heart attacks and strokes |
| 6. it could be something more | f. to a lack of sleep |
| 7. at risk of reduced quality | g. serious |
| 8. sleep apnoea can cause | h. a doctor |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-5.html>

A new report says sleep deprivation (1) _____ us. It can cause long-term health issues (2) _____. It also says women are (3) _____ have problems sleeping than men. Researchers questioned 4,100 British adults in the 'Reclaim Your Sleep' survey. (4) _____ group called the Sleep Apnoea Trust Association. Apnoea is when someone's breathing stops for a short time while he or she is asleep. (5) _____ women questioned said they did not sleep enough. This compared to 36 per cent of men. Women were also more likely than men (6) _____ the night.

Health experts have warned that feeling exhausted (7) _____ sleep could be a sign of a serious medical problem. Many women (8) _____ the dangers. Only a quarter see a doctor about sleeplessness. Sleep expert Dr John Stradling said: "Often women think that feeling exhausted (9) _____ modern life when (10) _____ be something more serious." He added that this, "leaves women at risk of reduced (11) _____ and serious health conditions". In more severe cases, when left untreated, conditions like sleep apnoea (12) _____ attacks and strokes.

SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation-5.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)

