

Lack of sleep gives you the munchies

3rd March, 2016



Have you ever wondered why you are hungrier than usual if you do not get a good night's sleep? Researchers from the University of Chicago say they have found one reason. Their study reveals that a lack of sleep makes people

hungrier the following day. Sleeplessness releases chemicals in the brain that enhance the pleasure derived from eating, which also makes us eat more. We want to eat food that is high in calories. The researchers found that sleep-deprived people craved crisps, sweets and biscuits far more than healthier foods. The researchers also reported that people in the study who did not get enough sleep ate up to twice as much fat content as when they had slept for eight hours.

The study was conducted on 14 male and female volunteers in their twenties. They were observed by researchers in two different situations. In one, they spent 8.5 hours in bed each night and averaged 7.5 hours of sleep. In the other, they spent just 4.5 hours in bed and averaged 4.2 hours of sleep. The researchers noted that in the first situation, the subjects ate three meals a day, as normal. However, in the second situation, where they had been deprived of sleep, the volunteers were unable to resist what the researchers called "highly palatable, rewarding snacks". This happened just 90 minutes after they had eaten a meal that supplied them with 90 per cent of their required daily calories.

Sources: *BusinessStandard.com / hitc.com / HealthCanal*

Writing

Snacks are not good for us. Discuss.

Chat

Talk about these words from the article.

wonder / hungrier / a good night's sleep / brain / sleeplessness / calories / sweets / fat / study / situations / in bed / three meals a day / volunteers / rewarding / snacks

True / False

- The University of Chicago found two reasons why we get hungry. T / F
- Researchers said a lack of sleep creates hunger two days later. T / F
- Sleeplessness produces a chemical in the brain that makes us hungrier. T / F
- We eat up to twice as much fatty food if we don't sleep well. T / F
- The study looked at the sleeping habits of 28 men and women. T / F
- In one experiment, the volunteers slept an average of 4.2 hours. T / F
- The volunteers could not say no to tasty snacks after insufficient sleep. T / F
- Volunteers spent 90 minutes eating a meal that contained 90 calories. T / F

Synonym Match

- | | |
|--------------|-------------------|
| 1. wondered | a. carried out |
| 2. reason | b. increase |
| 3. reveals | c. provided |
| 4. enhance | d. cause |
| 5. far | e. tasty |
| 6. conducted | f. a lot |
| 7. noted | g. necessary |
| 8. palatable | h. asked yourself |
| 9. supplied | i. observed |
| 10. required | j. shows |

Discussion – Student A

- How would you feel if you had more sleep?
- Do you feel that what you eat affects your sleep patterns?
- Can you survive on three meals a day or do you need snacks?
- What are highly palatable, rewarding snacks for you?
- How important are eating and sleeping to you?
- When and why do you get the munchies?
- How much do you worry about what you eat?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|-----------------------------------|---------------------------|
| 1. wondered why you are hungrier | a. in their twenties |
| 2. get a good | b. people hungrier |
| 3. a lack of sleep makes | c. of sleep |
| 4. Sleeplessness releases | d. crisps |
| 5. sleep-deprived people craved | e. night's sleep |
| 6. female volunteers | f. 7.5 hours of sleep |
| 7. averaged | g. chemicals in the brain |
| 8. the subjects ate three | h. daily calories |
| 9. they had been deprived | i. than usual |
| 10. 90 per cent of their required | j. meals a day |

Discussion – Student B

- What are you like if you don't sleep well?
- Do you get hungry if you don't sleep?
- Do you have any bedtime snacks?
- How does what you eat affect your sleep?
- When is the last time you should eat before sleeping?
- When do you crave food that is high in calories?
- What do you think about what you read?
- How well do you sleep?

Spelling

- Have you ever nodrewde why...
- Their study elaevrs that...
- enhance the lpsueaer
- high in ieroclsa
- sleep-eedpivrd people
- acdrev crisps, sweets and biscuits
- male and female lvoturesen
- They were vesedrbo by researchers
- gareaedv 7.5 hours of sleep
- in the first ounstatii
- unable to sisetr
- highly lbplaaeta, rewarding snacks

Answers – Synonym Match

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

Role Play

Role A – Music

You think music is the best way to get to sleep. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): sleeping pills, counting sheep or total darkness.

Role B – Sleeping pills

You think sleeping pills are the best way to get to sleep. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): music, counting sheep or total darkness.

Role C – Counting sheep

You think counting sheep is the best way to get to sleep. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): sleeping pills, music or total darkness.

Role D – Total darkness

You think total darkness is the best way to get to sleep. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): sleeping pills, counting sheep or music.

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.

- | | |
|--------------------|------------------|
| • warm milk | • exercise |
| • music | • counting sheep |
| • studying grammar | • a hot bath |
| • sleeping pills | • total darkness |

Answers – True False

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