# BreakingNewsEnglish - The Mini Lesson

# **Binge-watching television** causes sleep problems

**20th August, 2017** 



New research shows that binge-watching television adversely affect your health. Binge-viewing involves excessive watching of back-toback TV shows in a single sitting. It has become prevalent across the world with the advent of online streaming 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 bingeviewing greatly interrupted sleep patterns. Coauthor 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-toback TV shows. T / F
- The advent of streaming has increased bingewatching television. T / F
- Researchers looked at over 400 20-year-olds. c)
- Researchers say binge-watching is very common among young people. T / F
- Over 80% of the participants said they bingewatched. T/F
- Binge-watchers are 98% less likely to suffer from sleeping problems. T / F
- 'Bingeable' shows generally have weaker g) 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

tiredness

negatively

3. prevalent

d. material

c.

e.

4. surveyed 5. interrupt

6. fatigue

f. created

obstruct g.

insomnia

several

h. extreme

9. content

sleeplessness

10. caused

i. interviewed

# Discussion – Student A

- a) How important is TV to you?
- b) How much TV-watching is too much?
- c) What are the good and bad things about television?
- d) What are your favourite TV shows?
- e) How important is streaming for TV shows?
- f) Are viewing habits different for older and younger people?
- g) What experiences do you have of bingewatching?
- h) In what ways might TV harm our health?

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### **Phrase Match**

- 1. binge-watching television can adversely
- 2. excessive watching of back-to-
- 3. It has become prevalent
- 4. greatly interrupted sleep
- 5. it may be harmful
- 6. levels of
- 7. televisions, laptops and
- 8. doing so several
- 9. plots that keep the viewer tied
- 10. become intensely involved with the

## **Discussion - Student B**

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

# **Spelling**

- 1. <u>rdvlyaees</u> affect your health
- 2. involves <u>ecseisxev</u> watching
- 3. It has become eveprtaln across the world
- 4. <u>eydvrseu</u> 423 people
- 5. greatly <u>rnetdertipu</u> sleep patterns
- 6. Our study nglasis that
- 7. The researchers asked sppianacirtt
- 8. levels of fagieut
- 9. their ryfeucneg of binge-watching
- 10. doing so Irsavee times a week
- 11. keep the irwvee tied to the screen
- 12. become entrylsie involved

#### **Answers - Synonym Match**

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

- a. to their sleep
- b. patterns
- c. to the screen
- d. across the world
- e. fatigue
- f. times a week
- g. affect your health
- h. content
- i. desktop computers
- i. back TV shows

# **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 I the others three reasons why. Tell them what is I wrong with their shows. Also, tell the others which I is the least interesting of these (and why): news I programmes, comedy shows or documentaries.

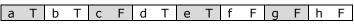
## Speaking – TV Shows

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

- music
- comedy
- chat show
- documentaries

- dramas
- news
- sports
- nature

### **Answers - True False**



Answers to Phrase Match and Spelling are in the text.