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Level 5

"Catastrophic" sleep is killing people, say scientists

27th September, 2017

<http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-5.html>

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

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THE READING

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-5.html>

Research shows that many people are not sleeping enough. This is having a serious impact on health. A sleep expert from the University of California warned that a "catastrophic sleep-misfortune plague" is putting us in danger of ill health. He said a lack of sleep puts us at risk from many possibly deadly diseases. The professor said we need eight hours sleep a night and if we don't get that, we will have a shorter life. He added that the effect of not sleeping enough negatively impacts every single aspect of our health and every part of our body.

The professor warned that a lack of sleep causes diseases like Alzheimer's, cancer, heart disease, obesity and diabetes. He warned that we do not totally understand the very serious, "catastrophic" consequences of not getting eight hours a night. He explained why we are sleeping less: "First, we electrified the night. Light is a profound degrader of our sleep." He blamed longer working hours and longer commuting times, a desire to be with friends rather than sleep, mobile devices, and alcohol and caffeine. He also blamed anxiety and said: "We're a lonelier, more depressed society."

Sources: <https://www.theguardian.com/lifeandstyle/2017/sep/24/why-lack-of-sleep-health-worst-enemy-matthew-walker-why-we-sleep>
<http://weekfacts.com/2017/09/lack-catastrophic-sleep-modern-society-kills-us-expert-says/>
<https://www.news-medical.net/news/20170924/Lack-of-sleep-could-be-blamed-for-many-major-diseases-says-sleep-scientist-Matt-Walker.aspx>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|----------------|
| 1. This is having a serious impact | a. life |
| 2. putting us in danger of | b. our health |
| 3. a lack of sleep puts us | c. on health |
| 4. we need eight hours sleep | d. of our body |
| 5. we will have a shorter | e. at risk |
| 6. the effect of not sleeping | f. a night |
| 7. every single aspect of | g. ill health |
| 8. every part | h. enough |

PARAGRAPH TWO:

- | | |
|-------------------------------------|---------------------|
| 1. a lack of sleep causes diseases | a. with friends |
| 2. heart disease, obesity | b. consequences |
| 3. very serious catastrophic | c. society |
| 4. not getting eight hours | d. less |
| 5. He explained why we are sleeping | e. hours |
| 6. He blamed longer working | f. like Alzheimer's |
| 7. a desire to be | g. a night |
| 8. We're a lonelier, more depressed | h. and diabetes |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-5.html>

Research shows that many people are (1) _____. This is having a serious (2) _____. A sleep expert from the University of California warned that a "catastrophic sleep-misfortune plague" is (3) _____ of ill health. He said a lack of sleep puts us at risk from many possibly (4) _____. The professor said we need eight hours sleep a night and if we don't get that, we will have (5) _____. He added that the effect of not sleeping enough negatively impacts every (6) _____ our health and every part of our body.

The professor warned that (7) _____ causes diseases like Alzheimer's, cancer, heart disease, (8) _____. He warned that we do not totally understand the very serious, "catastrophic" consequences of not (9) _____ a night. He explained why we are sleeping less: "First, we electrified the night. Light is a profound degrader of our sleep." He (10) _____ hours and longer commuting times, a desire to be with friends rather than sleep, mobile devices, and (11) _____. He also blamed anxiety and said: "We're a lonelier, more (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-5.html>

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SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-4.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) _____

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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) _____

