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Level 0

Going to bed late shortens our life, says study

16th April, 2018

<https://breakingnewsenglish.com/1804/180416-sleeping-late-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-0.html>

Going to bed late could shorten our life. A study looked at 430,000 adults aged from 38 to 73. Researchers said people who went to bed late were 10 per cent more likely to die earlier. People who sleep late might also have more health problems. People who sleep early and wake up early had fewer health problems.

A researcher said working times should change. People should start and finish work later so they can sleep more. Late sleepers have a higher risk of mental and health problems. They also smoke more, drink more alcohol and take more drugs. Different sleeping patterns at weekends also cause more health problems.

Sources: <http://abcnews.go.com/Health/bad-news-night-owls-people-bed-higher-risk/story?id=54430501>
<https://www.cbsnews.com/news/bad-news-for-night-owls-late-risers-may-die-sooner-study-finds/>
<https://www.livescience.com/20880-morning-people-happier.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-0.html>

PARAGRAPH ONE:

- | | |
|------------------------------|------------------|
| 1. Going to bed | a. adults |
| 2. shorten our | b. wake up early |
| 3. A study looked at 430,000 | c. to die |
| 4. aged from | d. problems |
| 5. 10 per cent more likely | e. sleep late |
| 6. People who | f. late |
| 7. sleep early and | g. life |
| 8. fewer health | h. 38 to 73 |

PARAGRAPH TWO:

- | | |
|--------------------------------|--------------------|
| 1. working times | a. drugs |
| 2. start and finish | b. should change |
| 3. they can sleep | c. health problems |
| 4. have a higher | d. alcohol |
| 5. drink more | e. at weekends |
| 6. take more | f. more |
| 7. Different sleeping patterns | g. risk |
| 8. cause more | h. work later |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-0.html>

Going to bed (1) _____ our life. A study looked at 430,000 (2) _____ 38 to 73. Researchers said (3) _____ to bed late were 10 per cent more likely to die earlier. People who sleep late (4) _____ more health problems. People (5) _____ and wake up (6) _____ health problems.

A researcher said working (7) _____. People should start and finish work (8) _____ can sleep more. Late sleepers (9) _____ risk of mental and health problems. They (10) _____, drink more alcohol and (11) _____. Different sleeping patterns at weekends (12) _____ health problems.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-0.html>

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SLEEPING LATE SURVEY

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-4.html>

Write five GOOD questions about sleeping late 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) _____

