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Level 2

Going to bed late shortens our life, says study

16th April, 2018

<https://breakingnewsenglish.com/1804/180416-sleeping-late-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-2.html>

A study says that going to bed late may be bad for us. It could shorten our life. The study was done in the UK. Researchers spent six-and-a-half years looking at 430,000 adults between the ages of 38 and 73. The researchers compared the deaths of people who went to bed early to those who went to bed late. Night owls (people who go to bed late) were 10 per cent more likely to die during the period of the study. The researchers said that night owls were at a higher risk of poor health or an early death compared to early birds (people who sleep and wake up early).

The researchers said working hours should change to reduce the risks for night owls. A researcher said: "This is a public health issue that can no longer be ignored." He said night owls should start and finish work later in the day so they could sleep longer in the morning. He said night owls were more likely to suffer from mental problems, diabetes, and breathing problems. They were also more likely to smoke, drink alcohol and take drugs. Researchers also said different sleeping patterns at weekends could increase the chances of health problems for night owls.

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-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|----------------------|
| 1. going to bed late may | a. of poor health |
| 2. It could shorten our | b. done in the UK |
| 3. The study was | c. the deaths |
| 4. 430,000 adults between the | d. owls |
| 5. The researchers compared | e. be bad for us |
| 6. night | f. of the study |
| 7. during the period | g. life |
| 8. at a higher risk | h. ages of 38 and 73 |

PARAGRAPH TWO:

- | | |
|--------------------------------|--------------------|
| 1. working hours | a. to smoke |
| 2. reduce the risks | b. health issue |
| 3. This is a public | c. at weekends |
| 4. suffer from mental | d. health problems |
| 5. more likely | e. should change |
| 6. drink alcohol | f. problems |
| 7. different sleeping patterns | g. and take drugs |
| 8. increase the chances of | h. for night owls |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-2.html>

A study says that going to bed late (1) _____ for us. It could shorten our life. The (2) _____ in the UK. Researchers spent six-and-a-half years looking at 430,000 adults between (3) _____ 38 and 73. The researchers compared the deaths of people who went to bed early to (4) _____ to bed late. Night owls (people who go to bed late) were 10 per cent more likely to die during the period of the study. The researchers said that (5) _____ at a higher risk of poor health or an early death compared to early birds (people who (6) _____ up early).

The researchers said working hours should (7) _____ the risks for night owls. A researcher said: "This is a public health issue that can no (8) _____." He said night owls should start and finish work later in the day so they could (9) _____ the morning. He said night owls (10) _____ to suffer from mental problems, diabetes, and breathing problems. They were also (11) _____ smoke, drink alcohol and take drugs. Researchers also said different sleeping (12) _____ could increase the chances of health problems for night owls.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-2.html>

A study says that going to bed late may be bad for us. It could shorten our life. The study was done in the UK. Researchers spent six-and-a-half years looking at 430,000 adults between the ages of 38 and 73. The researchers compared the deaths of people who went to bed early to those who went to bed late. Nightowls (people who go to bed late) were 10 percent more likely to die during the period of the study. The researchers said that nightowls were at a high risk of poor health or an early death compared to early birds (people who sleep and wake up early). The researchers said working hours should change to reduce the risks for nightowls. A researcher said: "This is a public health issue that can no longer be ignored." He said nightowls should start and finish work later in the day so they could sleep longer in the morning. He said nightowls were more likely to suffer from mental problems, diabetes, and breathing problems. They were also more likely to smoke, drink alcohol and take drugs. Researchers also said different sleeping patterns at weekends could increase the chances of health problems for nightowls.

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) _____

