

## Going to bed late shortens our life, says study

16th April, 2018



A new study says that going to bed late may be bad for our health. It may even shorten our life. The study was carried out in the United Kingdom. Researchers spent six-and-a-half years looking at the lifestyles of 430,000 adults between the ages of 38 and 73. At the end of the study, the

researchers compared the deaths of people who went to bed early to those who went to bed late. They found that night owls (people who go to bed late) were 10 per cent more likely to die during the period of the study. The researchers concluded that night owls were at higher risk of an early death than early birds (people who slept early). Night owls were also at a greater risk of poor health compared to early birds.

The researchers said society and working patterns needed to change to reduce the risks of ill health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that can no longer be ignored." He suggested that night owls should be allowed to start and finish work later in the day so they could sleep longer in the morning. The researchers said that night owls were more likely to suffer from mental problems, diabetes, and stomach and breathing troubles. They were also more likely to smoke, drink alcohol and coffee, and take drugs. Researchers also said different sleeping patterns during the week and at weekends could increase the chances of health problems for night owls.

Sources: [abcnews.go.com](http://abcnews.go.com) / [cbsnews.com](http://cbsnews.com) / [livescience.com](http://livescience.com)

## Writing

People should be allowed to choose at what time to start work / school. Discuss.

## Chat

Talk about these words from the article.

going to bed / late / life / lifestyles / night owls / risk / sleep early / poor / early birds / society / working patterns / ill health / finish / morning / mental problems / alcohol

## True / False

- a) A study into sleeping late was conducted by researchers in the USA. T / F
- b) The research looked at the lifestyles of people aged from 21 to 70. T / F
- c) The study said that night owls are people who like to go to bed early. T / F
- d) Early birds have a better chance of living longer than night owls. T / F
- e) Researchers said working patterns should change to help people sleep. T / F
- f) A researcher said night owls should start work earlier. T / F
- g) Night owls will probably drink alcohol and smoke more than early birds. T / F
- h) Different sleeping patterns at the weekend could cause problems. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                       |                 |
|-----------------------|-----------------|
| 1. <b>study</b>       | a. probable     |
| 2. <b>shorten</b>     | b. difficulties |
| 3. <b>likely</b>      | c. chance       |
| 4. <b>higher</b>      | d. disregarded  |
| 5. <b>risk</b>        | e. adjust       |
| 6. <b>change</b>      | f. report       |
| 7. <b>ignored</b>     | g. experience   |
| 8. <b>suffer from</b> | h. greater      |
| 9. <b>allowed</b>     | i. reduce       |
| 10. <b>problems</b>   | j. permitted    |

## Discussion – Student A

- a) What do you think about what you read?
- b) Should we be able to choose the time we start work?
- c) How do you feel if you don't sleep enough?
- d) Why are night owls more likely to smoke?
- e) Do you agree that, "the early bird catches the worm"?
- f) Why do some people think sleeping is a waste of time?
- g) What advice do you have for people with sleeping problems?
- h) What questions would you like to ask the researchers?

# Breaking News English - The Mini Lesson

## Phrase Match

- going to bed late may
- The study was carried
- between the ages
- 10 per cent more
- at higher risk of
- working patterns needed
- This is a public health
- more likely to suffer
- take
- different sleeping patterns during
- to change
- likely to die
- the week
- an early death
- of 38 and 73
- from mental problems
- be bad for our health
- drugs
- issue
- out in the United Kingdom

## Discussion – Student B

- What is the best time to go to bed?
- Why is it good to go to bed early?
- Do you sleep at different times during the week?
- How do you feel when you wake up?
- How unhealthy is going to bed late?
- Why do people like going to bed late?
- Are you a night owl or an early bird?
- Will you change your sleeping pattern after reading this?

## Spelling

- The study was icrraed out in the UK
- the leytsiesfl of 430,000 adults
- researchers omcrdaep the deaths
- 10 per cent more elkliy to die
- during the eipord of the study
- a greater risk of poor ehlath
- ociesty and working patterns
- eudrce the risks
- can no longer be ongried
- ufsefr from mental problems
- ebhtairng troubles
- could increase the hances

### Answers – Synonym Match

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

## Role Play

### Role A – Never Tired

You think never being tired is the biggest benefit of sleeping early. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least beneficial of these (and why): looking younger, getting more things done or having a healthier body.

### Role B – Look Younger

You think looking younger is the biggest benefit of sleeping early. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least beneficial of these (and why): never being tired, getting more things done or having a healthier body.

### Role C – Get More Things Done

You think getting more things done is the biggest benefit of sleeping early. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least beneficial of these (and why): looking younger, never being tired or having a healthier body.

### Role D – Healthier Body

You think having a healthier body is the biggest benefit of sleeping early. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least beneficial of these (and why): looking younger, getting more things done or never being tired.

## Speaking – Benefits

Rank these with your partner. Put the biggest benefits of sleeping early at the top. Change partners often and share your rankings.

- sleep a lot
- good body clock
- get more things done
- healthier body
- never tired
- get up early
- look younger
- never late

### Answers – True False

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