

Sleeping with a fan could be bad for us

31st July, 2018



Many people cannot sleep without using a fan, but scientists say this could be bad for us. This is unwelcome news for those of us struggling to nod off during the current scorching hot weather. According to sleep experts at the

website Sleep Advisor, there are many reasons why the use of a fan could be detrimental to our health. Fans can cause problems for people with asthma or hay fever. The rotating blades of fans cause dust and pollen to circulate around the room and add to an asthmatic's sleeplessness. Sleep Advisor says circulating air can dry out and irritate your eyes, mouth and sinuses, which also makes it difficult to sleep. Fans also cool the air and can make muscles tense up and cramp.

Other sleep experts disagree and say there are no dangers to health from using a fan. Dr Len Horowitz, a specialist on the health of the respiratory system, said: "There's nothing about a fan that's toxic. There's nothing wrong with circulating air." He told the Live Science website that if a fan stops us sweating, it will help us to sleep. He said people should keep fans at a safe distance from their bed and not have them blowing directly at their body. He also recommended keeping an air filter in the bedroom to reduce the levels of dust in the room. Sleeping with a fan may be preferable to using an air conditioner, which can chill any sweat on our body and possibly cause us to wake up with a cold.

Sources: cbsnews.com / thefreshtost.com / eadt.co.uk

Writing

Fans are better than air conditioning. Discuss.

Chat

Talk about these words from the article.

sleep / fan / scientists / unwelcome news / hot weather / health / asthma / muscles / experts / disagree / respiratory / system / toxic / sweating / distance / air conditioner

True / False

- a) The article said many people needed a fan to sleep in hot weather. T / F
- b) A website said there were many reasons why fans are bad for us. T / F
- c) Fans are a good way to stop pollen circulating around a room. T / F
- d) Experts say using fans can lead to muscle cramps. T / F
- e) A specialist on the respiratory system said fans are toxic. T / F
- f) The specialist said fans make us sweat more. T / F
- g) The specialist said air filters are no good at reducing levels of dust. T / F
- h) Air conditioners can cause colds. T / F

Synonym Match

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

- | | |
|-----------------------|------------------|
| 1. unwelcome | a. advised |
| 2. scorching | b. spread |
| 3. detrimental | c. chill |
| 4. circulate | d. poisonous |
| 5. cool | e. extremely hot |
| 6. specialist | f. space |
| 7. toxic | g. expert |
| 8. distance | h. unwanted |
| 9. recommended | i. better |
| 10. preferable | j. harmful |

Discussion – Student A

- a) Do you have problems sleeping?
- b) What do you think of fans?
- c) How do you cope with very hot weather?
- d) Why might fans be bad for us?
- e) What's the best thing to do to get to sleep in hot weather?
- f) How does very hot weather affect you?
- g) What are you like in the morning if you haven't slept well?
- h) How do you feel when you put on a fan in hot weather?

Phrase Match

- | | |
|---------------------------------------|-----------------------|
| 1. those of us struggling to nod | a. to health |
| 2. a fan could be detrimental | b. dust in the room |
| 3. cause dust and pollen to circulate | c. up and cramp |
| 4. circulating air can dry out and | d. at a safe distance |
| 5. make muscles tense | e. to our health |
| 6. there are no dangers | f. off |
| 7. There's nothing about a fan | g. up with a cold |
| 8. people should keep fans | h. irritate your eyes |
| 9. reduce the levels of | i. that's toxic |
| 10. cause us to wake | j. around the room |

Discussion – Student B

- What do you think about what you read?
- Which of the experts do you agree with?
- How do you cope with very cold weather?
- Should fans be directed at one's body while sleeping?
- Do you prefer hot or cold weather?
- Are air conditioners healthy?
- What are the alternatives to using a fan?
- What questions would you like to ask the scientists?

Spelling

- nriogcsch hot weather
- sleep rtspxee
- tontagri blades of fans
- ciruelact around the room
- dry out and irittera your eyes
- make uemslsc tense up and cramp
- a estlpicasi on the health
- the eyiotrsprra
- keep fans at a safe dietsnca
- blowing itdrlyec at their body
- Sleeping with a fan may be eebraplr
- using an air rcodinineto

Answers – Synonym Match

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

Role Play

Role A – Fans

You think using a fan is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the worst of these (and why): exercise, hot milk or studying English.

Role B – Exercise

You think exercise is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the worst of these (and why): using a fan, hot milk or studying English.

Role C – Hot Milk

You think hot milk is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the worst of these (and why): exercise, using a fan or studying English.

Role D – Study English

You think studying English is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the worst of these (and why): exercise, hot milk or using a fan.

Speaking – Sleep

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

- | | |
|-----------------|---------------|
| • hot milk | • fans |
| • music | • exercise |
| • hot bath | • count sheep |
| • study English | • read a book |

Answers – True False

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