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Level 6 – 31st July, 2018

Sleeping with a fan could be bad for us

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/1807/180731-fans.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1807/180731-fans.html>

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 Horovitz, 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: <https://www.cbsnews.com/news/is-sleeping-with-a-fan-on-bad-for-your-health/>
<https://thefreshtoast.com/culture/sleeping-with-a-fan-on-is-bad-for-you/>
<http://www.eadt.co.uk/news/sleeping-with-a-fan-on-health-problems-warning-1-5626619>

WARM-UPS

1. FANS: Students walk around the class and talk to other students about fans. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

3. AIR-CON: Students A **strongly** believe fans are better than air conditioners; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. KEEPING COOL: What are the pros and cons of these ways of keeping cool? Complete this table with your partner(s). Change partners often and share what you wrote.

	Pros	Cons
Fans		
Air con		
Open windows		
Fewer clothes		
Ice packs		
Ice creams		

5. SCIENTISTS: Spend one minute writing down all of the different words you associate with the word "scientists". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

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

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

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|---|
| 1. struggling | a. Painful involuntary contraction of a muscle or muscles, typically caused by fatigue or strain. |
| 2. nod off | b. Very, very hot. |
| 3. scorching | c. Moving or causing to move continuously or freely through a closed system or area. |
| 4. detrimental | d. Trying really hard to achieve or attain something in the face of difficulty or resistance. |
| 5. circulate | e. Cause inflammation or other discomfort in a part of the body. |
| 6. irritate | f. Fall asleep. |
| 7. cramp | g. Tending to cause harm. |

Paragraph 2

- | | |
|----------------|---|
| 8. experts | h. An amount of space between two things or people. |
| 9. respiratory | i. Relating to or affecting respiration or the organs of respiration. |
| 10. toxic | j. An unpleasant feeling of coldness in the body. |
| 11. distance | k. A person who has a comprehensive and authoritative knowledge of or skill in a particular area. |
| 12. dust | l. Fine, dry powder consisting of tiny particles of earth or waste matter lying on the ground or on surfaces or carried in the air. |
| 13. preferable | m. Poisonous. |
| 14. chill | n. More desirable or suitable. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1807/180731-fans.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- 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**

2. SYNONYM MATCH:

Match the following synonyms. 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 |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---------------------------------------|-----------------------|
| 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 |

GAP FILL

From <https://breakingnewsenglish.com/1807/180731-fans.html>

Many people cannot sleep (1) _____ using a fan, but scientists say this could be bad for us. This is unwelcome news for those of us struggling to (2) _____ off during the current (3) _____ hot weather. According to sleep experts at the website Sleep Advisor, there are many reasons why the use of a fan could be (4) _____ to our health. Fans can cause problems for people with asthma or hay fever. The (5) _____ blades of fans cause dust and pollen to circulate around the room and (6) _____ to an asthmatic's sleeplessness. Sleep Advisor says circulating air can dry out and (7) _____ your eyes, mouth and sinuses, which also makes it difficult to sleep. Fans also cool the air and can make muscles tense up and (8) _____.

detrimental

add

without

cramp

scorching

nod

irritate

rotating

Other sleep (9) _____ disagree and say there are no dangers to health from using a fan. Dr Len Horovitz, a specialist on the health of the (10) _____ system, said: "There's nothing about a fan that's toxic. There's nothing wrong with (11) _____ 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 (12) _____ from their bed and not have them blowing (13) _____ at their body. He also recommended keeping an air filter in the bedroom to reduce the (14) _____ of dust in the room. Sleeping with a fan may be (15) _____ to using an air conditioner, which can (16) _____ any sweat on our body and possibly cause us to wake up with a cold.

levels

respiratory

distance

chill

experts

preferable

circulating

directly

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1807/180731-fans.html>

- 1) Many people cannot sleep without using a fan, but scientists say this could _____ us
 - a. be badly four
 - b. been bad for
 - c. be bad for
 - d. be bad four
- 2) unwelcome news for those of us struggling to nod off during the current _____ weather
 - a. scorch in hot
 - b. score chin hot
 - c. scorching hot
 - d. scare chin hot
- 3) there are many reasons why the use of a fan could be _____ health
 - a. detriment all to our
 - b. detrimental to your
 - c. detrimental too our
 - d. detrimental to our
- 4) The rotating blades of fans cause dust and pollen _____
 - a. to circulate
 - b. twos circulate
 - c. two circulate
 - d. too circulate
- 5) Fans also cool the air and can make muscles tense _____
 - a. up and clamp
 - b. up and cramp
 - c. up and crump
 - d. up and clump
- 6) Other sleep experts disagree and say there are no dangers to health from _____
 - a. using air fan
 - b. using a fan
 - c. using of fan
 - d. using off fan
- 7) There's nothing about a fan _____
 - a. that's toxicity
 - b. that's a toxic
 - c. that's toxic
 - d. that's all toxic
- 8) keep fans at a safe distance from their bed and not have them blowing _____ body
 - a. direct at their
 - b. directs at their
 - c. directly at their
 - d. direction at their
- 9) keeping an air filter in the bedroom to reduce the levels of _____ room
 - a. dusting in the
 - b. dusting the
 - c. dust in the
 - d. dusts in the
- 10) Sleeping with a fan may be preferable to using an air conditioner, which _____ sweat
 - a. can't chill many
 - b. can't chill any
 - c. can shrill many
 - d. can chill any

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1807/180731-fans.html>

Many people cannot sleep (1) _____ fan, but scientists say this could be bad for us. This is unwelcome news for (2) _____ struggling to nod off during the current scorching hot weather. According to (3) _____ 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 (4) _____ cause dust and pollen to circulate around the room and add to an asthmatic's sleeplessness. Sleep Advisor says circulating air can dry out (5) _____ eyes, mouth and sinuses, which also makes it difficult to sleep. Fans also cool the air and can make muscles (6) _____ cramp.

Other sleep experts disagree and say there (7) _____ to health from using a fan. Dr Len Horovitz, (8) _____ the health of the respiratory system, said: "There's nothing about a fan that's toxic. There's (9) _____ circulating air." He told the Live Science website that if a fan stops us sweating, it will help us to sleep. He said people (10) _____ 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 (11) _____ 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 (12) _____ to wake up with a cold.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1807/180731-fans.html>

1. What kind of news did the article say a fan being bad for us was?
2. Who might have problems with fans?
3. What does a fan's blades circulate around a room?
4. What did a website say fans can do to your eyes?
5. What did a website say fans can make muscles do?
6. Who is Dr Len Horovitz?
7. What did a doctor say a fan can stop us doing?
8. Where should people keep fans in their bedroom?
9. What did a specialist recommend keeping in a bedroom?
10. What might you wake up with if you use an air conditioner?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1807/180731-fans.html>

- 1) What kind of news did the article say a fan being bad for us was?
 - a) good news
 - b) unwelcome news
 - c) fake news
 - d) breaking news
- 2) Who might have problems with fans?
 - a) old people
 - b) shopkeepers
 - c) babies
 - d) people with asthma
- 3) What does a fan's blades circulate around a room?
 - a) sounds
 - b) humidity
 - c) pollen and dust
 - d) bugs
- 4) What did a website say fans can do to your eyes?
 - a) irritate them
 - b) clean them
 - c) close them
 - d) make them shine
- 5) What did a website say fans can make muscles do?
 - a) sag
 - b) tense up
 - c) flex
 - d) get bigger
- 6) Who is Dr Len Horovitz?
 - a) a specialist
 - b) a fan maker
 - c) an asthmatic
 - d) a sun expert
- 7) What did a doctor say a fan can stop us doing?
 - a) getting diseases
 - b) sleeping
 - c) sweating
 - d) worrying
- 8) Where should people keep fans in their bedroom?
 - a) at a safe distance from our bed
 - b) on the ceiling
 - c) on the wall
 - d) above our bed
- 9) What did a specialist recommend keeping in a bedroom?
 - a) a mirror
 - b) ice
 - c) water
 - d) an air filter
- 10) What might you wake up with if you use an air conditioner?
 - a) a runny nose
 - b) a headache
 - c) a cold
 - d) hay fever

ROLE PLAY

From <https://breakingnewsenglish.com/1807/180731-fans.html>

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.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1807/180731-fans.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'fan' and 'sleep'.

fan	sleep
------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• unwelcome• reasons• hay• pollen• dry• tense	<ul style="list-style-type: none">• dangers• toxic• wrong• directly• levels• wake
--	--

FANS SURVEY

From <https://breakingnewsenglish.com/1807/180731-fans.html>

Write five GOOD questions about fans 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.

FANS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. Do you have problems sleeping?
4. What do you think of fans?
5. How do you cope with very hot weather?
6. Why might fans be bad for us?
7. What's the best thing to do to get to sleep in hot weather?
8. How does very hot weather affect you?
9. What are you like in the morning if you haven't slept well?
10. How do you feel when you put on a fan in hot weather?

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FANS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'fan'?
13. What do you think about what you read?
14. Which of the experts do you agree with?
15. How do you cope with very cold weather?
16. Should fans be directed at one's body while sleeping?
17. Do you prefer hot or cold weather?
18. Are air conditioners healthy?
19. What are the alternatives to using a fan?
20. What questions would you like to ask the scientists?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1807/180731-fans.html>

Many people cannot sleep without (1) _____ a fan, but scientists say this could be bad for us. This is unwelcome news for those of us (2) _____ 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 (3) _____ to our health. Fans can cause problems for people with asthma or (4) _____ 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 (5) _____ and irritate your eyes, mouth and sinuses, which also makes it difficult to sleep. Fans also cool the air and can make muscles tense (6) _____ and cramp.

Other sleep experts disagree and say there are no dangers to health from using a fan. Dr Len Horovitz, a (7) _____ on the health of the respiratory system, said: "There's nothing about a fan that's toxic. There's nothing wrong with (8) _____ 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 (9) _____ distance from their bed and not have them blowing directly at their body. He also recommended keeping an air filter in the bedroom to (10) _____ the levels of dust in the room. Sleeping with a fan may be (11) _____ to using an air conditioner, which can (12) _____ any sweat on our body and possibly cause us to wake up with a cold.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-----------------|-----------------|----------------|-----------------|
| 1. | (a) usage | (b) uses | (c) user | (d) using |
| 2. | (a) struggle | (b) struggles | (c) struggled | (d) struggling |
| 3. | (a) determine | (b) detrimental | (c) detriment | (d) determinant |
| 4. | (a) grass | (b) wheat | (c) hay | (d) corn |
| 5. | (a) in | (b) over | (c) out | (d) under |
| 6. | (a) up | (b) down | (c) in | (d) on |
| 7. | (a) specialism | (b) specialist | (c) specialize | (d) specials |
| 8. | (a) circulating | (b) circulation | (c) circulates | (d) circulate |
| 9. | (a) safely | (b) safe | (c) safes | (d) safest |
| 10. | (a) retract | (b) rejoice | (c) reduce | (d) redolent |
| 11. | (a) prefers | (b) preference | (c) preferable | (d) prefer |
| 12. | (a) cooling | (b) frozen | (c) cooler | (d) chill |

SPELLING

From <https://breakingnewsenglish.com/1807/180731-fans.html>

Paragraph 1

1. nriogcsch hot weather
2. sleep rtspxee
3. tontagri blades of fans
4. ciruelact around the room
5. dry out and irittera your eyes
6. make uemslsc tense up and cramp

Paragraph 2

7. a estlpicasi on the health
8. the eyiotrsprra
9. keep fans at a safe dietsnca
10. blowing itdrlyec at their body
11. Sleeping with a fan may be eeebraplrf
12. using an air rcodinineto

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1807/180731-fans.html>

Number these lines in the correct order.

- () experts at the website Sleep Advisor, there are many reasons why the use of a fan could be detrimental to our
- () with circulating air." He told the Live Science website that if a fan stops us sweating, it will help
- () directly at their body. He also recommended keeping an air filter in the bedroom to reduce the levels of
- () news for those of us struggling to nod off during the current scorching hot weather. According to sleep
- (**1**) Many people cannot sleep without using a fan, but scientists say this could be bad for us. This is unwelcome
- () it difficult to sleep. Fans also cool the air and can make muscles tense up and cramp.
- () on the health of the respiratory system, said: "There's nothing about a fan that's toxic. There's nothing wrong
- () health. Fans can cause problems for people with asthma or hay fever. The rotating blades
- () sleeplessness. Sleep Advisor says circulating air can dry out and irritate your eyes, mouth and sinuses, which also makes
- () of fans cause dust and pollen to circulate around the room and add to an asthmatic's
- () can chill any sweat on our body and possibly cause us to wake up with a cold.
- () dust in the room. Sleeping with a fan may be preferable to using an air conditioner, which
- () Other sleep experts disagree and say there are no dangers to health from using a fan. Dr Len Horovitz, a specialist
- () us to sleep. He said people should keep fans at a safe distance from their bed and not have them blowing

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1807/180731-fans.html>

1. a people without cannot using sleep Many fan .
2. during weather . off the current scorching-hot Nod
3. fan health . our to could detrimental be A
4. and circulate . dust cause pollen to Fans
5. air your can eyes . and irritate dry Circulating
6. dangers a health to No using from fan .
7. that's toxic . about a fan nothing There's
8. should at distance . fans People a safe keep
9. of the levels the dust room . in Reduce
10. preferable be an may air-conditioner . fan A to

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1807/180731-fans.html>

Many people cannot sleep without *usage / using* a fan, but scientists say this could be bad for us. This is unwelcome news for those of *them / us* struggling to nod off during the current *scorching / scorcher* hot weather. According to sleep experts at the website Sleep Advisor, there are many *reasons / reason* why the use of a fan could be *detriment / detrimental* to our health. Fans can *cause / because* problems for people with asthma or hay fever. The rotating blades of fans cause *dusty / dust* and pollen to circulate around the room and *add / addition* to an asthmatic's sleeplessness. Sleep Advisor says circulating air can dry out and *irrigate / 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 *clamp / cramp*.

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

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1807/180731-fans.html>

M_n y p__ p l_ c_n n_t s l__ p w_t h__ t _s_n g _ f_n
, b_t s c__ n t_s t_s s_y t h_s c__ l_d b_ b_d f_r
_s. T h_s _s _n w_l c_m_ n_w s f_r t h_s _f _s s t
r_g g_l_n g t_ n_d _f f_ d_r_n g t h_ c_r r_n t s c_r c
h_n g h_t w__ t h_r. A c_c_r d_n g t_ s l__ p _x p_r
t_s _t t h_ w_b s_t_ S l__ p A d v_s_r, t h_r _r_
m_n y r__ s_n s w_h y t h_ s_ _f _f_n c__ l_d b_
d_t r_m_n t_l t__ r h__ l_t h. F_n s c_n c__ s_ p
r_b_l_m_s f_r p__ p l_ w_t h _s t h_m _r h_y f_v_r.
T h_ r_t_t_n g b_l_d_s _f f_n s c__ s_ d_s t _n d
p_l_l_n t_ c_r c_l_t_ r__ n_d t h_ r__ m _n d _d d t_
_n _s t h_m_t_c' s s l__ p l_s s_n_s_s. S l__ p A d
v_s_r s_y s c_r c_l_t_n g __ r c_n d_r y __ t _n d
_r_r_t_t_ y__ r _y_s, m__ t h _n d s_n_s_s, w_h_c h
_l_s_ m_k_s _t d_f f_c_l_t t_ s l__ p. F_n s _l_s_
c__ l t h__ r _n d c_n m_k_ m_s c_l_s t_n s _p _n
d c_r_m_p.

O t h_r s l__ p _x p_r t_s d_s_g r__ _n d s_y t h_r_
_r _n_ d_n g_r s t_ h__ l_t h f_r_m _s_n g _f_n. D
r L_n H_r_v_t_z, _s p_c__ l_s t _n t h_ h__ l_t h _f
t h_ r_s p_r_t_r y s_y s_t_m, s__ d: " T h_r_'s n_t
h_n g _b__ t _f_n t h_t' s t_x_c. T h_r_'s n_t h_n
g w_r_n g w_t h c_r c_l_t_n g __ r." H_ t_l_d t h_
L_v_ S c__ n c_ w_b s_t_ t h_t _f _f_n s_t_p s _s s
w__ t_n g, _t w_l_l h_l_p _s t_ s l__ p. H_ s__ d
p__ p l_ s h__ l_d k__ p f_n s _t _s_f_ d_s t_n c_ f
r_m t h__ r b_d _n d n_t h_v_ t h_m b_l_w_n g
d_r_c_t_l_y _t t h__ r b_d y. H_ _l_s_ r_c_m m_n d_d
k__ p_n g _n __ r f_l_t_r _n t h_ b_d r__ m t_
r_d_c_ t h_ l_v_l_s _f_ d_s t _n t h_ r__ m. S l__
p_n g w_t h _f_n m_y b_ p_r_f_r_b_l_ t_ _s_n g _n
__ r c_n d_t__ n_r, w_h_c h c_n c_h_l_l _n y s_w__ t
_n __ r b_d y _n d p_s_s_b_l_y c__ s_ _s t_ w_k_ _p
w_t h _c_l_d.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1807/180731-fans.html>

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 asthmatics 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 horovitz a specialist on the health of the respiratory system said theres nothing about a fan thats toxic theres 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

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1807/180731-fans.html>

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 you sweating, it will help you 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 level 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.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. FANS: Make a poster about fans. Show your work to your classmates in the next lesson. Did you all have similar things?

4. AIR CON: Write a magazine article about fans being better than air conditioning. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on fans. Ask him/her three questions about them. Give him/her three of your opinions on fans. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. d 2. f 3. b 4. g 5. c 6. e 7. a
8. k 9. i 10. m 11. h 12. l 13. n 14. j

TRUE / FALSE (p.5)

- a T b T c F d T e F f F g F h T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- Unwelcome news
- People with hay fever and asthma
- Pollen and dust
- Irritate them and dry them out
- Tense up
- A specialist on the respiratory system
- Sweating
- At a safe distance from our bed
- An air filter
- A cold

WORDS IN THE RIGHT ORDER (p.20)

- Many people cannot sleep without using a fan.
- Nod off during the current scorching-hot weather.
- A fan could be detrimental to our health.
- Fans cause dust and pollen to circulate.
- Circulating air can dry and irritate your eyes.
- No dangers to health from using a fan.
- There's nothing about a fan that's toxic.
- People should keep fans at a safe distance.
- Reduce the levels of dust in the room.
- A fan may be preferable to an air-conditioner.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)