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**Level 1** – 18th February, 2019

## Going to bed early is better for us

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

<https://breakingnewsenglish.com/1902/190218-night-owls-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/1902/190218-night-owls-1.html>

People say the early bird catches the worm. This means people who wake up early do many things. They also say: "Early to bed, early to rise makes a man healthy, wealthy, and wise." This may be true. Scientists found that people who go to bed early do better in tests. People who sleep and wake up early (early birds) have an advantage over people who sleep and wake up late (night owls). They found differences in the brains of early birds and night owls.

The scientists tested 38 people. They answered questionnaires about sleep and tiredness. All of the people had MRI brain scans and did tests during the day. The early birds said they felt less sleepy. They did the tests quicker than the night owls. There were big differences between the groups. The researchers said night owls have to get up early for school and work. They always want to sleep late, so they have to fight their natural rhythm.

Sources: <https://www.medicaldaily.com/brain-functions-differently-if-you-are-night-person-429837>  
<https://www.livescience.com/64779-night-owls-brain-connectivity.html>  
<https://www.newsweek.com/night-owls-work-mornings-brains-wired-differently-science-1332931>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1902/190218-night-owls-1.html>

## PARAGRAPH ONE:

- |                                  |                     |
|----------------------------------|---------------------|
| 1. People say the early bird     | a. better in tests  |
| 2. people who wake up early      | b. to rise          |
| 3. Early to bed, early           | c. be true          |
| 4. healthy, wealthy,             | d. owls             |
| 5. This may                      | e. people who sleep |
| 6. people who go to bed early do | f. catches the worm |
| 7. an advantage over             | g. do many things   |
| 8. night                         | h. and wise         |

## PARAGRAPH TWO:

- |                          |                   |
|--------------------------|-------------------|
| 1. The scientists tested | a. rhythm         |
| 2. They answered         | b. during the day |
| 3. the people had MRI    | c. less sleepy    |
| 4. did tests             | d. questionnaires |
| 5. early                 | e. for school     |
| 6. they felt             | f. brain scans    |
| 7. get up early          | g. birds          |
| 8. their natural         | h. 38 people      |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1902/190218-night-owls-1.html>

People say the (1) \_\_\_\_\_ the worm. This means people who wake up (2) \_\_\_\_\_ things. They also say: "Early to bed, early to (3) \_\_\_\_\_ man healthy, wealthy, and wise." This may be true. Scientists found that people who go to bed early do (4) \_\_\_\_\_. People who sleep and wake up early (early birds) have (5) \_\_\_\_\_ people who sleep and wake up late (night owls). They found differences in (6) \_\_\_\_\_ early birds and night owls.

The scientists (7) \_\_\_\_\_. They answered questionnaires (8) \_\_\_\_\_ tiredness. All of the people had MRI brain scans and did tests during the day. The early birds said (9) \_\_\_\_\_ sleepy. They did the tests quicker than the night owls. There were big differences (10) \_\_\_\_\_. The researchers said night owls have to get up early for (11) \_\_\_\_\_. They always want to sleep late, so they have (12) \_\_\_\_\_ natural rhythm.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1902/190218-night-owls-1.html>

Peoplesaytheearlybirdcatchestheworm.Thismeanspeoplewhowake  
upearlydomanythings.Theyalsosay:"Earlytobed,earlytorisemakesa  
manhealthy,wealthy,andwise."Thismaybetrue.Scientistsfoundthat  
peoplewhogotobedearlydobetterintests.Peoplewhosleepandwakeu  
pearly(earlybirds)haveanadvantageoverpeoplewhosleepandwakeu  
plate(nightowls).Theyfounddifferencesinthebrainsofearlybirdsandn  
ightowls.Thescientiststested38people.Theyansweredquestionnaire  
saboutsleepandtiredness.AllofthepeoplehadMRIbrainscansanddidt  
estsduringtheday.Theearlybirdssaidtheyfeltlessleepy.Theydidthet  
estsquickerthanthenightowls.Therewerebigdifferencesbetweenthe  
groups.Theresearcherssaidnightowlshavetogetupearlyforschoolan  
dwork.Theyalwayswanttosleeplate,sotheyhavetofighttheirnaturalr  
hyth.

# NIGHT OWLS SURVEY

From <https://breakingnewsenglish.com/1902/190218-night-owls-4.html>

Write five GOOD questions about night owls 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) \_\_\_\_\_

