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Level 2 – 18th February, 2019

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<https://breakingnewsenglish.com/1902/190218-night-owls-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/1902/190218-night-owls-2.html>

People say: "The early bird catches the worm." It means people who wake up early do many things. U.S. President Benjamin Franklin said: "Early to bed, early to rise makes a man healthy, wealthy, and wise." These sayings may be true. Scientists in the U.K. found that people who go to bed before 11pm may do better in life. They added that 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 brain function of early birds and night owls.

The scientists tested 38 people. The people answered questionnaires about their sleep and when they felt tired. They were then put into an early bird or night owl group. All of the people had MRI brain scans and did tests throughout 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 two groups. The researchers said night owls have to get up early for school and work. They are always fighting against wanting to sleep late and their natural rhythm.

Mistake: Benjamin Franklin was a Founding Father of the USA, not a President.

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-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|-----------------------|
| 1. The early bird catches the | a. man healthy |
| 2. early | b. in life |
| 3. makes a | c. up late |
| 4. people who go | d. to rise |
| 5. do better | e. function |
| 6. have an advantage | f. worm |
| 7. wake | g. over people |
| 8. differences in the brain | h. to bed before 11pm |

PARAGRAPH TWO:

- | | |
|-----------------------|--------------------|
| 1. when they | a. quicker |
| 2. people answered | b. rhythm |
| 3. they felt less | c. questionnaires |
| 4. They did the tests | d. fighting |
| 5. There were big | e. sleepy |
| 6. get up early for | f. differences |
| 7. They are always | g. felt tired |
| 8. their natural | h. school and work |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1902/190218-night-owls-2.html>

People say: "The early (1) _____ worm." It means people who wake up early (2) _____. U.S. President Benjamin Franklin said: "Early to bed, (3) _____ makes a man healthy, wealthy, and wise." These sayings may be true. Scientists in the U.K. found that people who go to bed before 11pm may (4) _____ life. They added that people who sleep and wake up early (early birds) have an advantage over people who (5) _____ up late (night owls). They found differences in the brain (6) _____ birds and night owls.

The (7) _____ people. The people answered questionnaires about their sleep and when (8) _____. They were then put into an early bird or night owl group. All of the people had MRI (9) _____ did tests throughout the day. The early birds said they felt less sleepy. They did (10) _____ than the night owls. There were big differences between the two groups. The researchers said night owls have to (11) _____ for school and work. They are always fighting against wanting to sleep late (12) _____ rhythm.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1902/190218-night-owls-2.html>

Peoplesay: "Theearlybirdcatchestheworm." Itmeanspeoplehowake
upearlydomanythings. U.S. President BenjaminFranklinsaid: "Earlyto
bed, earlytorisemakesamanhealthy, wealthy, andwise." Thesesaying
smaybetrue. ScientistsintheU.K. foundthatpeoplewhogotobedbefore
11pmmaydobetterinlife. Theyaddedthatpeoplewhosleepandwakeup
early(earlybirds) haveanadvantageoverpeoplewhosleepandwakeup
late(nightowls). Theyfounddifferencesinthebrainfunctionofearlybird
sandnightowls. Thescientiststested38people. Thepeopleansweredqu
estionnairesabouttheirsleepandwhentheyfelttired. Theywerethenpu
tintoanearlybirdornightowlgroup. AllofthepeoplehadMRIbrainscans
anddidteststhroughouttheday. Theearlybirdssaidtheyfeltlessleepy.
Theydidthetestsquickerthanthenightowls. Therewerebigdifferences
betweenthetwogroups. Theresearcherssaidnightowlshavetogetupe
arlyforschoolandwork. Theyarealwaysfightingagainstwantingtoslee
plateandtheirnaturalrhythm.

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) _____

