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Level 2 – 11th November, 2021

Going to bed at 10pm linked to lower heart disease

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

<https://breakingnewsenglish.com/2111/211111-bedtime-2.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2111/211111-bedtime-2.html>

We all know that going to bed early is good for us. Scientists may have found the healthiest time to go to bed. They say a bedtime of between 10pm and 11pm is best because it lowers the risk of heart disease. Six years ago, the scientists collected data on the sleep patterns of 80,000 volunteers. The researchers collected data on their sleeping and waking times. They then monitored the volunteers' health for six years. Around 3,000 volunteers developed heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm time. One of the scientists commented on his research and the effects of sleeping times on our heart. He said the results of his research suggested that going to bed early or late, "may be more likely to disrupt the body clock" and be bad for cardiovascular health. He said it was healthier for our body to wake up to the morning light. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the likelihood of seeing morning light, which resets the body clock." He added that we risk heart disease if our body clock is not reset properly.

Sources: <https://www.bbc.com/news/health-59204831>
<https://www.theguardian.com/lifeandstyle/2021/nov/09/sleep-at-10pm-linked-to-lower-risk-of-heart-disease-study-finds>
<https://www.msn.com/en-us/health/medical/this-is-the-optimal-bedtime-to-stave-off-heart-disease-researchers-say/ar-AAQtsmT>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2111/2111111-bedtime-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|--------------------------|
| 1. going to bed early | a. data |
| 2. the healthiest | b. between 10pm and 11pm |
| 3. a bedtime of | c. heart problems |
| 4. it lowers the | d. time |
| 5. the scientists collected | e. waking times |
| 6. sleep | f. risk |
| 7. sleeping and | g. patterns |
| 8. 3,000 volunteers developed | h. is good for us |

PARAGRAPH TWO:

- | | |
|----------------------------------|--------------------|
| 1. One of the scientists | a. early or late |
| 2. the effects of sleeping times | b. reset properly |
| 3. the results | c. health |
| 4. going to bed | d. of his research |
| 5. more likely to disrupt | e. commented |
| 6. bad for cardiovascular | f. likelihood of |
| 7. it may reduce the | g. on our heart |
| 8. our body clock is not | h. the body clock |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2111/211111-bedtime-2.html>

We all know that going to bed (1) _____ for us. Scientists may have found the (2) _____ go to bed. They say a bedtime of between 10pm and 11pm is best because it (3) _____ of heart disease. Six years ago, the scientists collected data on the sleep patterns of 80,000 volunteers. The researchers (4) _____ their sleeping and waking times. They then (5) _____ health for six years. Around 3,000 volunteers developed heart problems. They went to bed earlier or later (6) _____ 10pm to 11pm time.

One of the scientists (7) _____ research and the effects of sleeping times on our heart. He said the results of his research (8) _____ to bed early or late, "may be more (9) _____ the body clock" and be bad for cardiovascular health. He said it was healthier for our body to wake up to the morning light. He said: "(10) _____ [to go to bed] was after midnight because it may (11) _____ of seeing morning light, which resets the body clock." He added that we risk heart disease if our body clock is (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2111/211111-bedtime-2.html>

We all know that going to bed early is good for us. Scientists may have found the healthiest time to go to bed. They say a bedtime of between 10pm and 11pm is best because it lowers the risk of heart disease. Six years ago, the scientists collected data on the sleep patterns of 80,000 volunteers. The researchers collected data on their sleeping and waking times. They then monitored the volunteers' health for six years. Around 3,000 volunteers developed heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm time. One of the scientists commented on his research and the effects of sleeping times on our heart. He said the results of his research suggested that going to bed early or late, "may be more likely to disrupt the body clock" and be bad for cardiovascular health. He said it was healthier for our body to wake up to the morning light. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the likelihood of seeing morning light, which resets the body clock." He added that a risk of heart disease if our body clock is not reset properly.

BEDTIME SURVEY

From <https://breakingnewsenglish.com/2111/2111111-bedtime-2.html>

Write five GOOD questions about bedtime 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) _____

