Going to bed at 10pm linked to lower heart disease

11th November, 2021

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Everyone knows that going to bed early is good for our health. Scientists say they have found the healthiest time to go to bed. Researchers from the U.K. Biobank say a bedtime of between 10pm and 11pm is best. They say people who sleep between these times have a lower risk of heart disease. Six years ago, the researchers collected data on the sleep patterns of 80,000 volunteers. The volunteers had to wear a special watch for seven days so the researchers could collect data on their sleeping and waking times. The scientists then monitored the health of the volunteers. Around 3,000 volunteers developed heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm timeframe.

One of the authors of the study, Dr David Plans, commented on his research and the effects of sleeping times on the health of our heart. He said: "While we cannot conclude causation from our study, the results suggest that early or late bedtimes may be more likely to disrupt the body clock, with [negative] consequences for cardiovascular health." He said it was important 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 cardiovascular disease if our body clock is not reset properly.

Sources: *bbc.com / theguardian.com / msn.com*

Writing

People should never go to bed late. Discuss.

Chat

Talk about these words from the article.

going to bed / early / health / risk / heart disease / volunteers / data / sleeping / authors / study / bedtime / body clock / negative / morning light / body clock

True / False

1) The article says few people know that sleeping early is good for us. T / F

2) The healthiest time to go to bed is between 10pm and 11pm. T / F

3) Researchers looked at the beds and pillows of 80,000 people. T / F

4) Around 3,000 who slept at 10:30pm developed heart disease. T / F

5) A research said he needed to look into his own body clock. T / F

6) The researcher said waking up to morning light was important. T / F

7) The researcher said the riskiest time to go to bed was 7pm. T / F

8) We can get heart disease if we do not set our alarm clocks properly. T / F

Synonym Match

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

1.	**health**	a.	chance
2.	**good**	b.	necessary
3.	**risk**	c.	fell ill with
4.	**data**	d.	beneficial
5.	**developed**	e.	results
6.	**authors**	f.	correctly
7.	**consequences**	g.	well-being
8.	**important**	h.	lower
9.	**reduce**	i.	writers
10.	**properly**	j.	information

Discussion – Student A

a) What do you think about what you read?

b) What do you know about our body clock?

c) Do you think sleeping is a waste of time?

d) Do you like to wake up with the morning light?

e) Does your smartphone stop you sleeping early?

f) What's your advice for people who cannot sleep?

g) What's your favourite part of bedtime?

h) What questions would you like to ask the researchers?

Phrase Match

1. going to bed early is good
2. the healthiest time
3. have a lower
4. the researchers could collect
5. monitored the health of
6. the effects of sleeping times on the
7. disrupt the body
8. it may reduce the
9. cardiovascular
10. our body clock is not

a. risk of heart disease
b. clock
c. likelihood
d. the volunteers
e. reset properly
f. data
g. to go to bed
h. health of our heart
i. for our health
j. disease

Discussion – Student B

a) How important is sleep to you?

b) What are you like if you do not have enough sleep?

c) What is the best time to sleep?

d) What is the best time to wake up?

e) Do you ever have problems sleeping?

f) Why does sleep affect the health of our heart?

g) Is sleeping a waste of time?

h) What do you do to prepare for bedtime?

Spelling

1. icsnsitset say they have found the healthiest time

2. rcerhsresea collected data

3. the sleep patterns of 80,000 elenotvsru

4. ditemonor the health

5. eoddlevpe heart problems

6. the "healthy" 10pm to 11pm eamiftmer

7. One of the ahrstou of the study

8. we cannot celnocud causation from our study

9. be more likely to itdprsu the body clock

10. reduce the ieiolhldko of seeing morning light

11. we risk csacuvdiroarla disease

12. if our body clock is not reset elrrpypo

Role Play

Role A – Sleep
You think sleep is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): chocolate, laughter or living in the countryside.

Role B – Chocolate
You think chocolate is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): sleep, laughter or living in the countryside.

Role C – Laughter
You think laughter is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): chocolate, sleep or living in the countryside.

Role D – Living in the Countryside
You think living in the countryside is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): chocolate, laughter or sleep.

Speaking – Health

Rank these with your partner. Put the best things for our health at the top. Change partners often and share your rankings.

- Sleep
- Chocolate
- Laughing
- Good food

- Exercise
- Drinking water
- Chatting with friends
- Living in the countryside

Answers – Synonym Match

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

Answers – True False

1	F	2	T	3	F	4	F	5	F	6	T	7	F	8	F

Answers to Phrase Match and Spelling are in the text.