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Level 0 – 24th March, 2022

Sleeping with a light on can harm our health

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<https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-0.html>

Sleeping in the dark is important for our health. Sleeping with the light on could be bad for us. We could get diabetes or heart disease. About 40 per cent of people sleep with a non-natural light, like a television. The worst thing is sleeping with a main light. Sleeping in the dark is more difficult for people in cities.

An expert on sleep medicine said it is healthier to turn off lights when we sleep. She studied the blood sugar levels of 20 people. Those who slept with a light on had higher sugar levels than those who slept in the dark. Light makes the brain active. This raises blood sugar. We should turn off the lights or wear an eye mask.

Sources: <https://www.thesun.co.uk/health/17945561/how-sleep-increase-risk-killer-disease/>
<https://www.smithsonianmag.com/smart-news/sleeping-with-even-a-dim-light-can-raise-blood-sugar-and-heart-rate-180979738/>
<https://news.yahoo.com/study-shows-light-during-nighttime-032500889.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-0.html>

PARAGRAPH ONE:

- | | |
|------------------------------|---------------------|
| 1. Sleeping in the dark is | a. in cities |
| 2. Sleeping with the | b. or heart disease |
| 3. We could get diabetes | c. thing |
| 4. sleep with a non- | d. dark |
| 5. The worst | e. important |
| 6. sleeping with a main | f. natural light |
| 7. Sleeping in the | g. light |
| 8. more difficult for people | h. light on |

PARAGRAPH TWO:

- | | |
|---------------------------|-------------------|
| 1. An expert on sleep | a. in the dark |
| 2. turn off lights when | b. off the lights |
| 3. the blood sugar levels | c. medicine |
| 4. Those who slept with | d. mask |
| 5. those who slept | e. we sleep |
| 6. This raises blood | f. of 20 people |
| 7. We should turn | g. sugar |
| 8. wear an eye | h. a light on |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-0.html>

Sleeping in the dark (1) _____ our health.

Sleeping with the light on (2) _____ for us. We

could (3) _____ heart disease. About 40 per cent

of people sleep with (4) _____ light, like a

television. The worst thing is sleeping with

(5) _____. Sleeping in the dark is more difficult

for (6) _____.

An (7) _____ medicine said it is healthier to turn

off lights (8) _____. She studied the blood sugar

levels of 20 people. Those (9) _____ a light on

had higher sugar levels than (10) _____ in the

dark. Light makes (11) _____. This raises blood

sugar. We should turn off the lights (12) _____

eye mask.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-0.html>

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SLEEPING SURVEY

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-0.html>

Write five GOOD questions about sleeping 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) _____

