

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"

breakingnewsenglish.com/book.html

Thousands more free lessons
from Sean's other websites

www.freematerials.com/sean_banville_lessons.html

Level 4 – 7th August 2023

Irregular sleep patterns cause 'social jet lag'

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

<https://breakingnewsenglish.com/2308/230807-social-jet-lag-4.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 5 and 6. They are (a little) harder.

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-4.html>

Irregular sleeping patterns could affect our health. A study in The European Journal of Nutrition suggests sleeping at different times could increase the harmful bacteria in our stomach. Different sleeping times change our internal body clock. Researchers call this "social jet lag". It leads to eating more sugary snacks, and a poorer diet. The study said social jet lag can encourage bacteria that are bad for our health.

The effects of social jet lag are like those of jet lag. After a long flight across different time zones, people often eat unhealthily. Social jet lag is more problematic, as it is part of our daily routines. It can increase the risk of heart problems and weight gain. A 90-minute difference between sleeping and waking times can upset the body's biological rhythms. Sleep patterns are easy to adjust. Changing them would be good for our health.

Sources: <https://news.sky.com/story/what-is-social-jetlag-why-irregular-sleep-patterns-are-bad-for-your-health-12932195>
<https://www.bbc.com/news/health-66372087>
<https://fortune.com/well/2023/08/02/sleep-deprivation-healthy-diet-microbiome-social-jetlag-binge-eating-calories-zoe-nutrition-kings-college-london-harvard-th-chan/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-4.html>

PARAGRAPH ONE:

- | | |
|-------------------------|----------------------------|
| 1. irregular | a. diet |
| 2. The European Journal | b. different times |
| 3. increase the harmful | c. are bad for our health |
| 4. sleeping at | d. body clock |
| 5. change our internal | e. sleeping patterns |
| 6. It leads to eating | f. bacteria in our stomach |
| 7. a poorer | g. of Nutrition |
| 8. bacteria that | h. more sugary snacks |

PARAGRAPH TWO:

- | | |
|---------------------------|-----------------------|
| 1. the effects | a. our daily routines |
| 2. after a long | b. eat unhealthily |
| 3. across different | c. problematic |
| 4. people often | d. flight |
| 5. Social jet lag is more | e. biological rhythms |
| 6. it is part of | f. of social jet lag |
| 7. upset the body's | g. easy to adjust |
| 8. sleep patterns are | h. time zones |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-4.html>

Irregular sleeping patterns (1) _____ health. A study in

The European Journal of Nutrition (2) _____ different

times could increase the (3) _____ our stomach.

Different sleeping times change our (4) _____.

Researchers call this "social jet lag". It leads to eating

(5) _____, and a poorer diet. The study said social jet

lag can encourage (6) _____ bad for our health.

The effects of social jet lag are (7) _____ jet lag. After

a long flight across different (8) _____ often eat

unhealthily. Social jet lag is more problematic, as it is part of

(9) _____. It can increase the risk of heart problems

(10) _____. A 90-minute difference between sleeping

and waking times can upset the (11) _____. Sleep

patterns are easy to adjust. Changing them would be good

(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-4.html>

Irregular sleeping patterns could affect our health. A study in The European Journal of Nutrition suggests sleeping at different times could increase the harmful bacteria in our stomach. Different sleeping times change our internal body clock. Researchers call this "social jet lag". It leads to eating more sugary snacks, and a poorer diet. The study said social jet lag can encourage bacteria that are bad for our health. The effects of social jet lag are like those of jet lag. After a long flight across different time zones, people often eat unhealthily. Social jet lag is more problematic, as it is part of our daily routines. It can increase the risk of heart problems and weight gain. A 90-minute difference between sleeping and waking times can upset the body's biological rhythms. Sleep patterns are easy to adjust. Changing them would be good for our health.

SLEEP PATTERNS SURVEY

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-4.html>

Write five GOOD questions about sleep patterns 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) _____

Irregular sleep patterns cause 'social jet lag' – 7th August 2023
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

