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Level 5 – 7th August 2023

Irregular sleep patterns cause 'social jet lag'

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<https://breakingnewsenglish.com/2308/230807-social-jet-lag-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-5.html>

Irregular sleeping patterns could adversely affect our health. So says a study in The European Journal of Nutrition. The study suggests sleeping at different times could increase the number of harmful species of bacteria in our stomach. Changing the times we sleep on workdays and at weekends changes our internal body clock. Researchers call this "social jet lag". It leads to eating more sugary snacks, less fruit and vegetables, and a poorer diet. The lead author of 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 we get after long airplane flights. After a long flight across different time zones, people often eat unhealthy comfort foods. However, social jet lag can be more problematic, as it is part of our daily routines. It can increase the risk of heart problems and weight gain. The researchers say a 90-minute difference between sleeping and waking times can have a bad effect on the body's biological rhythms. A scientist said sleep patterns were easy to adjust. She said this 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-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------|------------------------|
| 1. irregular | a. on workdays |
| 2. adversely | b. body clock |
| 3. sleeping | c. affect our health |
| 4. the number of harmful | d. snacks |
| 5. the times we sleep | e. species |
| 6. changes our internal | f. sleeping patterns |
| 7. sugary | g. author of the study |
| 8. the lead | h. at different times |

PARAGRAPH TWO:

- | | |
|--------------------------------|------------------------|
| 1. across different time | a. to adjust |
| 2. comfort | b. zones |
| 3. part of our daily | c. bad effect |
| 4. It can increase the risk of | d. good for our health |
| 5. waking times can have a | e. foods |
| 6. the body's biological | f. routines |
| 7. sleep patterns were easy | g. rhythms |
| 8. She said this would be | h. heart problems |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-5.html>

Irregular sleeping patterns (1) _____ our health. So says a study in The European Journal of Nutrition. The study (2) _____ different times could increase the number of (3) _____ bacteria in our stomach. Changing the times we sleep on workdays and at weekends changes our (4) _____. Researchers call this "social jet lag". It leads to eating (5) _____, less fruit and vegetables, and a poorer diet. The (6) _____ the study said social jet lag can encourage bacteria that are bad for our health.

The effects of social jet lag are (7) _____ jet lag we get after long airplane flights. After a (8) _____ different time zones, people often eat unhealthy comfort foods. However, social jet lag can (9) _____, as it is part of our daily routines. It can increase the (10) _____ problems and weight gain. The researchers say a 90-minute difference between sleeping and waking times can have a bad effect on the (11) _____. A scientist said sleep patterns were (12) _____. She said this would be good for our health.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-5.html>

Irregular sleeping patterns could adversely affect our health. So says a study in The European Journal of Nutrition. The study suggests sleeping at different times could increase the number of harmful species of bacteria in our stomach. Changing the times we sleep on workdays and at weekend changes our internal body clock. Researchers call this "social jet lag". It leads to eating more sugary snacks, less fruit and vegetables, and a poorer diet. The lead author of 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 we get after long airplane flights. After a long flight across different time zones, people often eat unhealthy comfort foods. However, social jet lag can be more problematic, as it is part of our daily routines. It can increase the risk of heart problems and weight gain. The researchers say a 90-minute difference between sleeping and waking times can have a bad effect on the body's biological rhythms. A scientist said sleep patterns were easy to adjust. She said this 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) _____

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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) _____

WRITING

From <https://breakingnewsenglish.com/2308/230807-social-jet-lag-5.html>

Write about **sleep patterns** for 10 minutes. Read and talk about your partner's paper.
