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Level 6 – 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.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

Not having a regular sleeping pattern could have an adverse effect on our health. So says a study published in The European Journal of Nutrition this week. The study suggests irregular sleeping patterns could increase the abundance of harmful species of bacteria in the gut. Altering the time we sleep on workdays and at weekends causes a shift in our internal body clock. Researchers call this "social jet lag". It leads to a poorer quality diet, with a higher consumption of sugary snacks, and lower intakes of fruit and vegetables. Study author and nutrition scientist Dr Kate Bermingham said: "Social jet lag can encourage [bacteria] species which have unfavourable associations with your health."

The effects of social jet lag are like those of jet lag we get after long airline flights. Jet lag is extreme tiredness and other physical effects caused by flying across different time zones. After a long flight, sufferers often opt for unhealthy comfort foods. Social jet lag can be more problematic, as it is ingrained in our daily routines. It can elevate the risk of diabetes, heart problems, and weight gain. The researchers say a 90-minute difference between sleeping and waking times can send the body's biological rhythms into disarray. Another nutritionist said: "Maintaining regular sleep patterns...is an easily adjustable lifestyle behaviour we can all do, that may impact your health via your gut...for the better."

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-cha/>

WARM-UPS

1. SLEEP PATTERNS: Students walk around the class and talk to other students about sleep patterns. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

sleeping pattern / health / nutrition / abundance / bacteria / gut / jet lag / scientist / airline / flights / flying / time zones / comfort foods / rhythms / lifestyle / behaviour

Have a chat about the topics you liked. Change topics and partners frequently.

3. EDUCATION: Students A **strongly** believe schools should teach children about the health benefits of sleeping; Students B **strongly** believe this is unnecessary. Change partners again and talk about your conversations.

4. SLEEP: How can these things adversely affect our sleeping patterns? Do these things affect your sleep? Complete this table with your partner(s). Change partners often and share what you wrote.

	How It Affects Sleep	Your Sleep
Coffee		
Social Media		
Noises		
Exercise		
Stress		
Cold or heat		

5. JET LAG: Spend one minute writing down all of the different words you associate with the word "jet lag". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. SLEEP WELL: Rank these with your partner. Put the best things to sleep well at the top. Change partners often and share your rankings.

- Milk
- Reading
- Music
- Exercise
- Counting sheep
- No daytime naps
- Sleeping pills
- Stick to a sleep schedule

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. adverse | a. The branch of science that deals with looking at how good the food we eat is. |
| 2. journal | b. A very large quantity of something. |
| 3. abundance | c. Changing in character or composition, usually in a comparatively small but significant way. |
| 4. gut | d. Preventing success or development; harmful. |
| 5. altering | e. The action of eating or drinking something. |
| 6. consumption | f. A newspaper or magazine that deals with a particular subject or professional activity. |
| 7. nutrition | g. Stomach. |

Paragraph 2

- | | |
|-----------------|--|
| 8. extreme | h. Make a choice from a range of possibilities. |
| 9. zones | i. Of a habit, belief, or attitude that is firmly fixed or established; difficult to change. |
| 10. flight | j. Causing or enabling a condition or situation to continue. |
| 11. opt | k. Well-defined regions extending round the earth between definite limits. |
| 12. ingrained | l. A state of disorganization or untidiness. |
| 13. disarray | m. An act of flying; a journey made through the air or in space. |
| 14. maintaining | n. Reaching a high (or the highest) degree. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says we all need eight hours a night's sleep. **T / F**
2. Irregular sleeping patterns kill bacteria in our gut. **T / F**
3. The article says shift work is very bad for us. **T / F**
4. A researcher said social jet lag leads to a poorer diet. **T / F**
5. The article compares social jet lag to get lag after flying. **T / F**
6. The article says social jet lag could be more harmful than flying. **T / F**
7. A 90-minute difference in waking time could harm our body clock. **T / F**
8. A nutritionist said it wasn't easy to adjust our lifestyle. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|---------------|
| 1. regular | a. confusion |
| 2. adverse | b. eating |
| 3. abundance | c. fatigue |
| 4. consumption | d. harmful |
| 5. species | e. increase |
| 6. tiredness | f. uniform |
| 7. ingrained | g. types |
| 8. elevate | h. stomach |
| 9. disarray | i. profusion |
| 10. gut | j. entrenched |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--------------------------------------|----------------------------|
| 1. having a regular | a. different time zones |
| 2. increase the abundance of harmful | b. body clock |
| 3. a shift in our internal | c. of fruit and vegetables |
| 4. a higher consumption of | d. tiredness |
| 5. lower intakes | e. rhythms into disarray |
| 6. Jet lag is extreme | f. species of bacteria |
| 7. flying across | g. risk of diabetes |
| 8. it is ingrained | h. sleeping pattern |
| 9. elevate the | i. in our daily routines |
| 10. send the body's biological | j. sugary snacks |

GAP FILL

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

Not having a (1) _____ sleeping pattern could have an adverse effect on our health. So says a study published in The European Journal of Nutrition this week. The study (2) _____ irregular sleeping patterns could increase the abundance of harmful species of bacteria in the (3) _____. Altering the time we sleep on workdays and at weekends causes a shift in our internal body (4) _____. Researchers call this "social jet lag". It leads to a (5) _____ quality diet, with a higher consumption of (6) _____ snacks, and lower intakes of fruit and vegetables. Study author and (7) _____ scientist Dr Kate Bermingham said: "Social jet lag can (8) _____ [bacteria] species which have unfavourable associations with your health."

gut
poorer
nutrition
regular
encourage
clock
suggests
sugary

The (9) _____ of social jet lag are like those of jet lag we get after long airline flights. Jet lag is (10) _____ tiredness and other physical effects caused by flying across different time zones. After a long flight, sufferers often (11) _____ for unhealthy comfort foods. Social jet lag can be more problematic, as it is (12) _____ in our daily routines. It can (13) _____ the risk of diabetes, heart problems, and weight gain. The researchers say a 90-minute difference between sleeping and waking times can send the body's biological rhythms into (14) _____. Another nutritionist said: "Maintaining regular sleep patterns...is an (15) _____ adjustable lifestyle behaviour we can all do, that may impact your health (16) _____ your gut...for the better."

opt
elevate
via
effects
ingrained
easily
extreme
disarray

LISTENING – Guess the answers. Listen to check.

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

- 1) Not having a regular sleeping pattern could have _____
 - a. an reverse affect
 - b. an reverse effect
 - c. an adverse affect
 - d. an adverse effect
- 2) The study suggests irregular sleeping patterns could _____
 - a. increase a abundance
 - b. increase the abundance
 - c. increase the bun dance
 - d. increase a bun dance
- 3) the time we sleep on workdays and at weekends causes a shift in our _____
 - a. internal body clock
 - b. intern all body clock
 - c. intern all bodily clock
 - d. inter nail body clock
- 4) a poorer quality diet, with a higher consumption of sugary snacks, and lower _____
 - a. intake soft fruit
 - b. in take soft fruit
 - c. intakes off fruit
 - d. intakes of fruit
- 5) Social jet lag can encourage [bacteria] species which _____
 - a. have unfavourable association
 - b. have unfavourable associations
 - c. have favourable associations
 - d. have favourable association
- 6) Jet lag is extreme tiredness and other physical effects caused by flying across _____
 - a. different times urns
 - b. different times owns
 - c. different time zones
 - d. different time zoos
- 7) Social jet lag can be more problematic, as it is ingrained in _____
 - a. our doylly routines
 - b. our dailies routines
 - c. our daily routines
 - d. our dally routines
- 8) It can elevate the risk of diabetes, heart problems, _____
 - a. end weight gain
 - b. and wait gain
 - c. and weight gain
 - d. and wheat gain
- 9) sleeping and waking times can send the body's biological _____
 - a. rhythms into disarray
 - b. rhythms in two disarrays
 - c. rhythms unto disarrays
 - d. rhythms onto disarray
- 10) easily adjustable lifestyle behaviour we can all do, that may impact your health _____
 - a. vial your gut
 - b. vile your gut
 - c. via your gut
 - d. vie your gut

LISTENING – Listen and fill in the gaps

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

Not having a regular sleeping pattern could have (1) _____ on our health. So says a study published in The European Journal of Nutrition this week. The (2) _____ sleeping patterns could increase the abundance of harmful (3) _____ in the gut. Altering the time we sleep on workdays and at weekends causes a shift in our (4) _____. Researchers call this "social jet lag". It leads to a poorer quality diet, with a higher consumption (5) _____, and lower intakes of fruit and vegetables. Study (6) _____ scientist Dr Kate Bermingham said: "Social jet lag can encourage [bacteria] species which have unfavourable associations with your health."

The (7) _____ jet lag are like those of jet lag we get after long airline flights. Jet lag is extreme tiredness and other physical effects caused by flying across different time zones. After a long flight, (8) _____ for unhealthy comfort foods. Social jet lag can be more problematic, as it is (9) _____ daily routines. It can elevate the risk of diabetes, heart problems, and weight gain. The researchers say a 90-minute difference between sleeping and waking times can send the body's biological (10) _____. Another nutritionist said: "Maintaining regular sleep patterns...is (11) _____ lifestyle behaviour we can all do, that may impact your health (12) _____ ...for the better."

COMPREHENSION QUESTIONS

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

1. What could not having a regular sleeping pattern adversely impact?
2. Where could harmful bacteria increase?
3. What does altering sleeping times cause a shift in?
4. What does social jet lag make people eat more of?
5. What is the job of the study author Dr Kate Bermingham?
6. What does the article compare social jet lag to?
7. What do people choose to eat after a long flight?
8. What can social jet lag increase the risk of besides heart problems?
9. What could a 90-minute difference in waking times affect?
10. What did a nutritionist say about maintaining regular sleep patterns?

MULTIPLE CHOICE - QUIZ

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

- 1) What could not having a regular sleeping pattern adversely impact?
 - a) our beds
 - b) our health
 - c) our weight
 - d) our brain
- 2) Where could harmful bacteria increase?
 - a) in our pancreas
 - b) in our intestine
 - c) in our gut
 - d) in our bowels
- 3) What does altering sleeping times cause a shift in?
 - a) our thinking
 - b) our lifestyle
 - c) our alarm clocks
 - d) our internal body clock
- 4) What does social jet lag make people eat more of?
 - a) rice and bread
 - b) sugary snacks
 - c) chocolate
 - d) frozen food
- 5) What is the job of the study author Dr Kate Bermingham?
 - a) a nutrition scientist
 - b) a surgeon
 - c) a bacteriologist
 - d) a journalist
- 6) What does the article compare social jet lag to?
 - a) jet lag
 - b) social inclusion
 - c) social exclusion
 - d) time lags
- 7) What do people choose to eat after a long flight?
 - a) bananas
 - b) peanuts
 - c) the chicken and the fish
 - d) comfort foods
- 8) What can social jet lag increase the risk of besides heart problems?
 - a) blood pressure and insomnia
 - b) headaches and stomach aches
 - c) diabetes and weight gain
 - d) fatigue and forgetfulness
- 9) What could a 90-minute difference in waking times affect?
 - a) how much we can read
 - b) being late for work
 - c) our productivity
 - d) the body's biological rhythms
- 10) What did a nutritionist say about maintaining regular sleep patterns?
 - a) It's deadly not to do it.
 - b) It's an easily adjustable lifestyle behaviour.
 - c) It's common sense.
 - d) She loves it.

ROLE PLAY

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

Role A – Reading

You think reading is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, exercise or counting sheep.

Role B – Music

You think music is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): reading, exercise or counting sheep.

Role C – Exercise

You think exercise is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, reading or counting sheep.

Role D – Counting Sheep

You think counting sheep is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, exercise or reading.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sleep' and 'jet lag'.

sleep	jet lag
--------------	----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• adverse• increase• shift• quality• fruit• encourage	<ul style="list-style-type: none">• long• opt• daily• risk• send• better
--	---

SLEEP PATTERNS SURVEY

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

SLEEP PATTERNS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. How well do you sleep?
4. What do you think of social jet lag?
5. How does sleep affect health?
6. How nutritious is the food you eat?
7. How important is getting a good night's sleep?
8. How harmful might shift work be for someone's health?
9. What factors cause social jet lag?
10. What advice do you have for people with sleep problems?

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SLEEP PATTERNS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'jet lag'?
13. What do you think about what you read?
14. What's your sleeping pattern like?
15. What do you know about jet lag after flying?
16. How often do you rely on comfort foods?
17. Will you adjust your sleeping times after reading this article?
18. How easy is it to adjust your lifestyle behaviour?
19. When was the last time you had a bad night's sleep?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Not having a (1) _____ sleeping pattern could have an adverse effect on our health. So (2) _____ a study published in The European Journal of Nutrition this week. The study suggests irregular sleeping patterns could increase the abundance (3) _____ harmful species of bacteria in the gut. (4) _____ the time we sleep on workdays and at weekends causes a shift in our internal body clock. Researchers call this "social jet lag". It leads to a (5) _____ quality diet, with a higher consumption of sugary snacks, and lower intakes of fruit and vegetables. Study author and nutrition scientist Dr Kate Bermingham said: "Social jet lag can (6) _____ [bacteria] species which have unfavourable associations with your health."

The effects of social jet lag are like (7) _____ of jet lag we get after long airline flights. Jet lag is extreme tiredness and other physical effects caused by flying across different time (8) _____. After a long flight, sufferers often opt for unhealthy comfort foods. Social jet lag can be more problematic, as it is ingrained (9) _____ our daily routines. It can elevate the risk of diabetes, heart problems, and weight gain. The researchers say a 90-minute difference between sleeping and waking times can send the body's biological rhythms into (10) _____. Another nutritionist said: "Maintaining regular sleep patterns...is an easily (11) _____ lifestyle behaviour we can all do, that may impact your health (12) _____ your gut...for the better."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|------------------|-----------------|-----------------|
| 1. | (a) regular | (b) irregular | (c) regularly | (d) irregularly |
| 2. | (a) speaks | (b) talks | (c) says | (d) voices |
| 3. | (a) by | (b) at | (c) of | (d) on |
| 4. | (a) Halting | (b) Exalting | (c) Alerting | (d) Altering |
| 5. | (a) poorer | (b) poverty | (c) impoverish | (d) poorly |
| 6. | (a) entourage | (b) encourage | (c) entrap | (d) enchant |
| 7. | (a) they | (b) them | (c) that | (d) those |
| 8. | (a) cones | (b) zones | (c) drones | (d) hones |
| 9. | (a) at | (b) by | (c) in | (d) of |
| 10. | (a) array | (b) disarray | (c) a ray | (d) aura |
| 11. | (a) inflatable | (b) attributable | (c) certifiable | (d) adjustable |
| 12. | (a) hysteria | (b) via | (c) aria | (d) fibia |

SPELLING

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

Paragraph 1

1. an dvesaer effect on our health
2. increase the cnndaubea
3. harmful species of caitbaer
4. agletinr the time we sleep
5. author and tiuotnnir scientist
6. unfavourable scoasitnisao with your health

Paragraph 2

7. reteemx tiredness
8. fseeusfrr often opt for unhealthy comfort foods
9. it is nriiandge in our daily routines
10. the body's biological hmhsytr
11. into irysaadr
12. easily dtsaajlbeu lifestyle behaviour

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () said: "Social jet lag can encourage [bacteria] species which have unfavourable associations with your health."
- () rhythms into disarray. Another nutritionist said: "Maintaining regular sleep patterns...is an easily
- () gain. The researchers say a 90-minute difference between sleeping and waking times can send the body's biological
- () The effects of social jet lag are like those of jet lag we get after long airline flights. Jet lag is extreme
- () tiredness and other physical effects caused by flying across different time zones. After a long
- () flight, sufferers often opt for unhealthy comfort foods. Social jet lag can be more problematic, as it is ingrained
- (**1**) Not having a regular sleeping pattern could have an adverse effect on our health. So says a study
- () published in The European Journal of Nutrition this week. The study suggests irregular sleeping
- () adjustable lifestyle behaviour we can all do, that may impact your health via your gut...for the better."
- () in our daily routines. It can elevate the risk of diabetes, heart problems, and weight
- () patterns could increase the abundance of harmful species of bacteria in the gut. Altering the time we sleep
- () jetlag". It leads to a poorer quality diet, with a higher consumption of sugary snacks, and lower
- () intakes of fruit and vegetables. Study author and nutrition scientist Dr Kate Bermingham
- () on workdays and at weekends causes a shift in our internal body clock. Researchers call this "social

PUT THE WORDS IN THE RIGHT ORDER

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

1. adverse have our Could an on health . effect
2. of abundance the of harmful bacteria . species Increase
3. sleep workdays . time we on the Altering
4. body a internal our shift in clock . Causes
5. encourage lag species . can Social bacteria jet
6. after we airline Jet get lag long flights .
7. caused zones . flying by across different time Effects
8. more problematic . Social lag jet be can
9. times . 90-minute sleeping and waking difference between A
10. may health impact gut . your That via your

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Not having a *regular / regularly* sleeping pattern could have an adverse *affect / effect* on our health. So says a study published in The European Journal of Nutrition this week. The study *suggestive / suggests* irregular sleeping patterns could increase the *abundance / abundant* of harmful species of bacteria in *a / the* gut. Altering the time we sleep on workdays and at weekends causes *a / the* shift in our internal body clock. Researchers call this "social jet lag". It leads to a poorer quality *dietician / diet*, with a higher consumption of sugary *snacks / snack*, and lower intakes of fruit and vegetables. Study author and *nutritious / nutrition* scientist Dr Kate Bermingham said: "Social jet lag can encourage [bacteria] species which have unfavourable associations *with / within* your health."

The effects of social jet lag are like *those / them* of jet lag we get after long airline flights. Jet lag is *extreme / extremely* tiredness and other physical effects *caused / causing* by flying across different time zones. After a long flight, sufferers often *option / opt* for unhealthy *comfort / comfortable* foods. Social jet lag can be more problematic, as it is ingrained *on / in* our daily routines. It can elevate the risk of diabetes, heart problems, and weight *again / gain*. The researchers say a 90-minute difference between sleeping and waking times can send the body's biological rhythms *onto / into* disarray. Another nutritionist said: "*Maintaining / Maintenance* regular sleep patterns...is an easily adjustable lifestyle behaviour we can all do, that may impact your health via your gut...for the *well / better*."

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

N_t h_v_ng _ r_g_l_r sl__p_ng p_tt_rn c__ld h_v_ _n
_dv_rs_ _ff_ct _n __r h__lth. S_ s_ys _ st_dy
p_bl_sh_d _n Th_ __r_p__n J__rn_l _f N_tr_t__n th_s
w__k. Th_ st_dy s_gg_sts _rr_g_l_r sl__p_ng p_tt_rns
c__ld _ncr__s_ th_ _b_nd_nc_ _f h_rmf_l sp_c__s _f
b_ct_r__ _n th_ g_t. _lt_rng th_ t_m_ w_ sl__p _n
w_rkd_ys _nd _t w__k_nds c__s_s _ sh_ft _n __r
_nt_rn_l b_dy cl_ck. R_s__rch_rs c_ll th_s "s_c__l j_t
l_g". _t l__ds t_ _ p__r_r q__l_ty d__t, w_th _
h_gh_r c_ns_mpt__n _f s_g_ry sn_ck_s, _nd l_w_r
_nt_k_s _f fr__t _nd v_g_t_bl_s. St_dy __th_r _nd
n_tr_t__n sc__nt_st Dr K_t_ B_rm_ngh_m s__d: "S_c__l
j_t l_g c_n _nc__r_g_ [b_ct_r__] sp_c__s wh_ch h_v_
_nf_v__r_bl_ _ss_c__t__ns w_th y__r h__lth."

Th_ _ff_cts _f s_c__l j_t l_g _r_ l_k_ th_s_ _f j_tl_g
w_ g_t _ft_r l_ng __rl_n_ fl_ghts. J_tl_g _s _xtr_m_
t_r_dn_ss _nd _th_r phys_c_l _ff_cts c__s_d by fly_ng
_cr_ss d_ff_r_nt t_m_ z_n_s. _ft_r _ l_ng fl_ght,
s_ff_r_rs _ft_n _pt f_r _nh__lthy c_mf_rt f__ds. S_c__l
j_t l_g c_n b_ m_r_ pr_bl_m_t_c, _s _t _s _ngr__n_d
_n __r d__ly r__t_n_s. _t c_n _l_v_t_ th_ r_sk _f
d__b_t_s, h__rt pr_bl_ms, _nd w__ght g__n. Th_
r_s__rch_rs s_y _ 90-m_n_t_ d_ff_r_nc_ b_tw__n
sl__p_ng _nd w_k_ng t_m_s c_n s_nd th_ b_dy's
b__l_g_c_l rhythms _nt_ d_s_rr_y. _n_th_r n_tr_t__n_st
s__d: "M__nt__n_ng r_g_l_r sl__p p_tt_rns...s _n __s_ly
_dj_st_bl_ l_fstyl_ b_h_v__r w_ c_n _ll d_, th_t m_y
_mp_ct y__r h__lth v__ y__r g_t...f_r th_ b_tt_r."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

not having a regular sleeping pattern could have an adverse effect on our health so says a study published in the european journal of nutrition this week the study suggests irregular sleeping patterns could increase the abundance of harmful species of bacteria in the gut altering the time we sleep on workdays and at weekends causes a shift in our internal body clock researchers call this social jet lag it leads to a poorer quality diet with a higher consumption of sugary snacks and lower intakes of fruit and vegetables study author and nutrition scientist dr kate birmingham said social jet lag can encourage bacteria species which have unfavourable associations with your health

the effects of social jet lag are like those of jet lag we get after long airline flights jet lag is extreme tiredness and other physical effects caused by flying across different time zones after a long flight sufferers often opt for unhealthy comfort foods social jet lag can be more problematic as it is ingrained in our daily routines it can elevate the risk of diabetes heart problems and weight gain the researchers say a 90minute difference between sleeping and waking times can send the bodys biological rhythms into disarray another nutritionist said maintaining regular sleep patterns is an easily adjustable lifestyle behaviour we can all do that may impact your health via your gut for the better

PUT A SLASH (/) WHERE THE SPACES ARE

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

Nothavingaregularsleepingpatterncouldhaveanadverseeffectonour health.SosaysastudypublishedinTheEuropeanJournalofNutritionthis week.Thestudysuggestsirregularsleepingpatterns couldincrease the abundanceofharmfulspeciesofbacteriainthegut.Alterngthetimewe sleeponworkdaysandatweekendscausesashiftinourinternalbodyclock.Researcherscallthis"socialjetlag".Ileadstoapoorerqualitydiet,withahigherconsumptionofsugarysnacks,andlowerintakesoffruitandvegetables.StudyauthorandnutritionscientistDrKateBerminghamsaid:"Socialjetlagcanencourage[bacteria]specieswhichhaveunfavourableassociationswithyourhealth."Theeffectsofsocialjetlagarelikethoseofjetlagwegetafterlongairlineflights.Jetlagisextremetirednessandotherphysicaleffectscausedbyflyingacrossdifferenttimezones.Afteralongflight,sufferersoftenoptforunhealthycomfortfoods.Socialjetlagcanbemoreproblematic,asitisingrainedinourdailyroutines.Itcanelevatetheriskofdiabetes,heartproblems,andweightgain.Theresearcherssay a90-minutedifferencebetweensleepingandwakingtimescansendthebody'sbiologicalrhythmsintodisarray.Anothernutritionistsaid:"Maintainingregularsleeppatterns...isaneasilyadjustablelifestylebehaviourwecanalldo,thatmayimpactyourhealthviayourgut...forthebetter."

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. SLEEP PATTERNS: Make a poster about sleep patterns. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SLEEPING TIMES: Write a magazine article about everyone going to bed early and waking up early. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on sleep patterns. Ask him/her three questions about sleep. Give him/her three of your ideas on how to get a better quality of sleep. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. d 2. f 3. b 4. g 5. c 6. e 7. a
8. n 9. k 10. m 11. h 12. i 13. l 14. j

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Our health
2. In our gut
3. Our internal body clock
4. Sugary snacks
5. A nutrition scientist
6. Jet lag
7. Comfort foods
8. Diabetes and weight gain
9. The body's biological rhythms
10. It's an easily adjustable lifestyle behaviour

WORDS IN THE RIGHT ORDER (p.19)

1. Could have an adverse effect on our health.
2. Increase the abundance of harmful species of bacteria.
3. Altering the time we sleep on workdays.
4. Causes a shift in our internal body clock.
5. Social jet lag can encourage bacteria species.
6. Jet lag we get after long airline flights.
7. Effects caused by flying across different time zones.
8. Social jet lag can be more problematic.
9. A 90-minute difference between sleeping and waking times.
10. That may impact your health via your gut.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. c 3. d 4. b 5. a 6. a 7. d 8. c 9. d 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)