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**Level 4 – 6th November 2023**

## **Fatigue and sleeplessness are on the rise**

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

<https://breakingnewsenglish.com/2311/231106-fighting-fatigue-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-4.html>

In today's hectic world, we experience tiredness and fatigue. There is an increase in chronic fatigue syndrome (CFS) - a disorder that makes us feel fatigued. It does not go away even if we rest. A sleep specialist said our lives are full of "constant connectivity, high stress and inadequate sleep". Furthermore, a nutritionist said people with CFS suffer from a lack of energy that affects their daily life. There is no cure for CFS, but a good diet helps to manage symptoms.

A specialist in preventative medicine said we can deal with fatigue and a lack of sleep in three steps. Step one is to turn off lights. Light keeps our brain active, especially blue light from phones. The second step is to keep a room temperature at 19°C. A cool room helps to reduce body temperature, which helps sleep. The final step is to reduce noise. As for food, a life coach Simon recommended we eat bananas to help us get a better night's rest.

Sources: <https://www.mirror.co.uk/lifestyle/health/top-tips-fight-fatigue-having-31309481>  
<https://indianexpress.com/article/lifestyle/food-wine/diet-for-chronic-fatigue-gives-energy-9001654/>  
<https://www.nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-4.html>

## PARAGRAPH ONE:

- |                                |                             |
|--------------------------------|-----------------------------|
| 1. an increase                 | a. affects their daily life |
| 2. a disorder that makes       | b. in chronic fatigue       |
| 3. It does not go away         | c. for CFS                  |
| 4. constant                    | d. even if we rest          |
| 5. inadequate                  | e. us feel fatigued         |
| 6. a lack of energy that       | f. symptoms                 |
| 7. There is no cure            | g. sleep                    |
| 8. a good diet helps to manage | h. connectivity             |

## PARAGRAPH TWO:

- |                                 |                     |
|---------------------------------|---------------------|
| 1. A specialist in preventative | a. noise            |
| 2. we can deal                  | b. our brain active |
| 3. a lack                       | c. rest             |
| 4. Light keeps                  | d. we eat bananas   |
| 5. reduce body                  | e. of sleep         |
| 6. The final step is to reduce  | f. medicine         |
| 7. a life coach recommended     | g. temperature      |
| 8. get a better night's         | h. with fatigue     |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-4.html>

In (1) \_\_\_\_\_, we experience tiredness and fatigue.

There is an increase in (2) \_\_\_\_\_ (CFS) - a disorder that makes us feel fatigued. It does not go away even if we rest. A sleep specialist said our lives are full (3) \_\_\_\_\_, high stress and inadequate sleep". Furthermore, (4) \_\_\_\_\_ people with CFS suffer from a lack of energy that (5) \_\_\_\_\_ life. There is no cure for CFS, but a good diet helps (6) \_\_\_\_\_.

A (7) \_\_\_\_\_ medicine said we can deal with fatigue and a lack of sleep in three steps. (8) \_\_\_\_\_ to turn off lights. Light keeps our brain active, (9) \_\_\_\_\_ from phones. The second step is to keep a room temperature at 19°C. A cool room helps to (10) \_\_\_\_\_, which helps sleep. The (11) \_\_\_\_\_ to reduce noise. As for food, a life coach Simon recommended we eat bananas to help us get a (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-4.html>

In today's hectic world, we experience tiredness and fatigue. There is an increase in chronic fatigue syndrome (CFS) - a disorder that makes us feel fatigued. It does not go away even if we rest. As sleep specialists said, our lives are full of "constant connectivity, high stress and inadequate sleep". Furthermore, a nutritionist said people with CFS suffer from a lack of energy that affects their daily life. There is no cure for CFS, but a good diet helps to manage symptoms. A specialist in preventative medicine said we can deal with fatigue and a lack of sleep in three steps. Step one is to turn off lights. Light keeps our brain active, especially blue light from phones. The second step is to keep room temperature at 19°C. A cool room helps to reduce body temperature, which helps sleep. The final step is to reduce noise. As for food, a life coach recommended we eat banana to help us get a better night's rest.

# FATIGUE SURVEY

From <https://breakingnewsenglish.com/2311/231106-fighting-fatigue-4.html>

Write five GOOD questions about fatigue 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) \_\_\_\_\_

*Fatigue and sleeplessness are on the rise – 6th November 2023*  
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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) \_\_\_\_\_

