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Level 5 – 13th January 2025

Cold-water immersion therapy helps us sleep

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<https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-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/2501/250113-cold-water-immersion-therapy-5.html>

Taking a dip in very cold water for several hours a week is good for our health. Researchers in the U.K. looked into the benefits of cold-water immersion therapy. They found it could benefit our cognition, sleep quality, and well-being. The researchers studied 13 test participants, who were dunked in 10°C water for 10 minutes, three times a week, for four weeks. The lead researcher said the cold-water therapy could "help with a number of positive physiological and psychological changes linked to improvements in overall general health and well-being".

Cold-water immersion is used in many fields for its healing benefits. For decades, ice baths have helped to speed the recovery of athletes following energy-sapping performances. The researcher said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer sleep disturbances." Taking cold-water baths for health purposes is already a common practice. At the New Year, people worldwide swim in icy seas and lakes. In Japan, bathers refresh their bodies by dipping in and out of hot and cold baths. This a tradition called *toto-no-u*.

Sources: <https://www.psypost.org/cold-water-immersion-found-to-boost-cognitive-function-and-reduce-sleep-disturbances/>
<https://www.cbc.ca/life/wellness/cold-plunge-ice-bath-stress-relief-1.7424821>
<https://www.health.com/ice-baths-8404207>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|-----------------------------|
| 1. Sitting in cold water | a. our cognition |
| 2. Researchers studied | b. changes |
| 3. They found it could benefit | c. participants |
| 4. sleep | d. health |
| 5. Thirteen test | e. to improvements |
| 6. psychological | f. the effects |
| 7. linked | g. for several hours a week |
| 8. overall general | h. and well-being |

PARAGRAPH TWO:

- | | |
|-----------------------------------|--------------------------|
| 1. Cold-water therapy is used | a. performances |
| 2. ice baths have helped with the | b. their bodies |
| 3. high-energy | c. disturbances |
| 4. fewer sleep | d. of hot and cold baths |
| 5. a common | e. seas |
| 6. icy | f. in many areas |
| 7. bathers refresh | g. practice |
| 8. dipping in and out | h. recovery of athletes |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-5.html>

Taking (1) _____ very cold water for several hours a week is good for our health. Researchers in the U.K. looked (2) _____ of cold-water immersion therapy. They found it could (3) _____, sleep quality, and well-being. The researchers studied 13 test participants, who (4) _____ 10°C water for 10 minutes, three times a week, for four weeks. The lead researcher said the cold-(5) _____ "help with a number of positive physiological and psychological changes linked to improvements in (6) _____ and well-being".

Cold-water immersion is used in (7) _____ its healing benefits. For decades, ice baths have helped to speed the (8) _____ following energy-sapping performances. The researcher said: "Two weeks of regular therapeutic cold-water immersion (9) _____, with fewer sleep disturbances." Taking cold-water baths for health purposes is already (10) _____. At the New Year, people worldwide swim in icy seas and lakes. In Japan, (11) _____ bodies by dipping in and out of hot and cold baths. This (12) _____ *toto-no-u*.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-5.html>

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COLD WATER SURVEY

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-4.html>

Write five GOOD questions about cold water 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/2501/250113-cold-water-immersion-therapy-5.html>

Write about **cold water** for 10 minutes. Read and talk about your partner's paper.
