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Level 4 – 7th July 2025

Scientists say cheese could give us nightmares

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

<https://breakingnewsenglish.com/2507/250707-cheese-nightmares-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/2507/250707-cheese-nightmares-4.html>

New research suggests that cheese gives people nightmares. People with a severe lactose intolerance were more likely to have bad dreams. The Dream and Nightmare Lab analyzed the diet and sleep patterns of 1,000 people. It investigated how food affected dreams. The lab based its research on a 2015 study that looked into "food-dependent dreaming". Participants in that study blamed dairy products for disrupting their sleep.

The lab found that people with stomach problems and lactose intolerance had scarier nightmares. It said stomach issues could lead to sleep disturbances and nightmares. A professor said many of us do not sleep well. Around 35 per cent of people could have a serious sleep disorder. Research suggests that about 85 per cent of adults have a nightmare at least once a year. About 5 per cent of people have a bad dream frequently.

Sources: <https://www.nbcnews.com/health/health-news/can-cheese-turn-dreams-nightmares-rcna215580>
<https://www.medicalnewstoday.com/articles/cheese-may-actually-give-you-nightmares-here-is-why#How-to-get-better-sleep-7-dietitian-tips-for-people-with-food-intolerances>
<https://www.msn.com/en-in/lifestyle/smart-living/does-cheese-before-bed-really-give-you-nightmares-a-study-finally-settles-the-debate/ar-AA1HxeX>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares-4.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|--------------------------|
| 1. People with a severe lactose | a. blamed dairy products |
| 2. more likely to | b. intolerance |
| 3. sleep | c. on a 2015 study |
| 4. It investigated how food | d. their sleep |
| 5. The lab based its research | e. have bad dreams |
| 6. looked into food- | f. affected dreams |
| 7. Participants in that study | g. dependent dreaming |
| 8. disrupting | h. patterns |

PARAGRAPH TWO:

- | | |
|--------------------------------|-------------------------|
| 1. people with stomach | a. have a nightmare |
| 2. lactose | b. nightmares |
| 3. sleep disturbances and | c. frequently |
| 4. many of | d. disorder |
| 5. have a serious sleep | e. intolerance |
| 6. about 85 per cent of adults | f. a year |
| 7. at least once | g. us do not sleep well |
| 8. people have a bad dream | h. problems |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares-4.html>

New (1) _____ cheese gives people nightmares.

People with (2) _____ intolerance were more likely

to have bad dreams. The Dream and Nightmare Lab

(3) _____ and sleep patterns of 1,000 people. It

investigated how (4) _____. The lab based its

research on a 2015 study that looked into

"(5) _____. Participants in that study blamed

dairy products (6) _____ sleep.

The lab found that people with stomach (7) _____

intolerance had scarier nightmares. It said stomach

(8) _____ to sleep disturbances and nightmares. A

professor said (9) _____ do not sleep well. Around

35 per cent of people could have a (10) _____.

Research suggests that about 85 per cent of adults have a nightmare

(11) _____ a year. About 5 per cent of people have

a (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares-4.html>

New research suggests that cheese gives people nightmares. People with severe lactose intolerance were more likely to have bad dreams. The Dream and Nightmare Lab analyzed the diet and sleep patterns of 1,000 people. It investigated how food affected dreams. The lab based its research on a 2015 study that looked into "food-dependent dreaming". Participants in that study blamed dairy products for disrupting their sleep. The lab found that people with stomach problems and lactose intolerance had scary nightmares. It said stomach issues could lead to sleep disturbance and nightmares. A professor said many of us don't sleep well. Around 35 percent of people could have a serious sleep disorder. Research suggests that about 85 percent of adults have a nightmare at least once a year. About 5 percent of people have a bad dream frequently.

DREAMS SURVEY

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares-4.html>

Write five GOOD questions about dreams 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/2507/250707-cheese-nightmares-4.html>

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

[illegible]