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**Level 5 – 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-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/2507/250707-cheese-nightmares-5.html>

New research suggests that cheese could give people nightmares. A study in a journal found that people with a severe lactose intolerance were more likely to have bad dreams and insomnia. The director of the Dream and Nightmare Lab in Canada analyzed the diet, health and sleep patterns of 1,000 people. She wanted to investigate how food affected dreams. The director based her research on a 2015 study that looked into "food-dependent dreaming". Participants in that study blamed cheese and other dairy products for disrupting their sleep.

The director found that people with stomach problems and lactose intolerance had scarier and more frequent nightmares. She said: "Gastrointestinal issues...could account for a lot of what's happening in terms of sleep disturbances [and] different dreams." Her colleague said: "Sleep disturbances affect a huge proportion of the general population." Around 35 per cent of people could have a clinically significant 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 one 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-AA1HxreX>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares-5.html>

## PARAGRAPH ONE:

- |                                 |                       |
|---------------------------------|-----------------------|
| 1. New research suggests        | a. sleep              |
| 2. A study                      | b. intolerance        |
| 3. people with a severe lactose | c. affected dreams    |
| 4. likely to have bad dreams    | d. products           |
| 5. investigate how food         | e. and insomnia       |
| 6. food-                        | f. that               |
| 7. dairy                        | g. dependent dreaming |
| 8. disrupting their             | h. in a journal       |

## PARAGRAPH TWO:

- |  |                          |
|--|--------------------------|
| 1. people with stomach                 | a. once a year           |
| 2. scarier and more                    | b. of sleep disturbances |
| 3. Gastrointestinal                    | c. population            |
| 4. in terms                            | d. frequently            |
| 5. a huge proportion of the general    | e. frequent nightmares   |
| 6. have a clinically significant sleep | f. problems              |
| 7. at least                            | g. issues                |
| 8. 5 per cent of people have one       | h. disorder              |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares-5.html>

New research suggests that (1) \_\_\_\_\_ people have nightmares. A study in a journal found that people with (2) \_\_\_\_\_ intolerance were more likely to have bad (3) \_\_\_\_\_. The director of the Dream and Nightmare Lab in Canada analyzed the diet, health and sleep patterns of 1,000 people. She wanted (4) \_\_\_\_\_ food affected dreams. The director based her research on a 2015 study that looked into "(5) \_\_\_\_\_. Participants in that study blamed cheese and other dairy products for (6) \_\_\_\_\_.

The director found that people with stomach (7) \_\_\_\_\_ intolerance had scarier and more frequent nightmares. She said: "Gastrointestinal issues...could (8) \_\_\_\_\_ lot of what's happening (9) \_\_\_\_\_ sleep disturbances [and] different dreams." Her colleague said: "Sleep disturbances (10) \_\_\_\_\_ proportion of the general population." Around 35 per cent of people could have (11) \_\_\_\_\_ sleep disorder. Research suggests that about 85 per cent of adults have a nightmare (12) \_\_\_\_\_ a year. About 5 per cent of people have one frequently.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2507/250707-cheese-nightmares-5.html>

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# 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-5.html>

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

[illegible]