

Scientists say cheese could give us nightmares

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New research suggests that dairy products, cheese in particular, could give people nightmares. Research published in the journal "Frontiers in Psychology" found that people with a severe lactose intolerance were more prone to bad dreams and insomnia.

Professor Marie-Pierre St-Onge, director of the Dream and Nightmare Lab in Montreal, Canada, analyzed the diet, health and sleep patterns of more than 1,000 people. She wanted to investigate the degree to which food affected dreams. She based her research on a 2015 study that looked into "food-dependent dreaming". Participants in the 2015 study blamed cheese and other dairy products for disturbing their sleep.

Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had scarier and more frequent nightmares. She said: "If you have gastrointestinal issues, that could account for a lot of what's happening in terms of sleep disturbances that could be associated with different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect a huge proportion of the general population. One large survey found that 30-40 per cent of individuals will have a clinically significant sleep disorder in their lifetime." Previous research suggests that about 85 per cent of adults have a nightmare at least once a year, with about 5 per cent of people experiencing them frequently.

Sources: nbcnews.com / medicalnewstoday.com / msn.com

Writing

We should never eat before bed. Discuss.

Chat

Talk about these words from the article.

research / dairy products / cheese / frontiers / intolerance / nightmares / sleep / food / sleep disturbances / dreams / colleague / population / disorder / lifetime / adults

True / False

- 1) New research says all dairy products give people nightmares. T / F
- 2) The article says people with glucose intolerance should not eat cheese. T / F
- 3) A researcher from a nightmare lab conducted the research in this article. T / F
- 4) The researcher investigated the dreams that depended in different food. T / F
- 5) People intolerant to lactose are more likely to have stomach problems. T / F
- 6) The researcher said gastrointestinal problems can affect dreams. T / F
- 7) A study said up to 40% of us could have a sleep disorder. T / F
- 8) Around 5% of people have frequent nightmares. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------------|---------------|
| 1. in particular | a. section |
| 2. severe | b. disrupting |
| 3. investigate | c. problems |
| 4. blamed | d. acute |
| 5. disturbing | e. illness |
| 6. gastrointestinal | f. look into |
| 7. issues | g. attributed |
| 8. colleague | h. especially |
| 9. proportion | i. co-worker |
| 10. disorder | j. stomach |

Discussion – Student A

- a) What do you think about what you read?
- b) What do you think of nightmares?
- c) What would it be like to be lactose intolerant?
- d) How often is your sleep disturbed?
- e) What do you do when you can't sleep?
- f) What can we do to stop having bad dreams and nightmares?
- g) Why is it bad to eat before sleeping?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|---|------------------------|
| 1. people with a severe lactose | a. dependent dreaming |
| 2. more prone | b. sleep |
| 3. food- | c. sleep disorder |
| 4. cheese and other | d. frequent nightmares |
| 5. disturbing their | e. intolerance |
| 6. people with gastrointestinal | f. happening |
| 7. scarier and more | g. to bad dreams |
| 8. that could account for a lot of what's | h. of sleep |
| 9. in terms | i. dairy products |
| 10. have a clinically significant | j. problems |

Discussion – Student B

- What do you think of dreams?
- What do you think of cheese and dairy products?
- Why do people have nightmares?
- What kinds of dreams do you have?
- Would you like to remember all your dreams?
- Do dreams have any meaning?
- What can people do if they have insomnia?
- What food would give us different kinds of dreams?

Spelling

- yadri products
- nirrsetfo in psychology
- a severe lactose noctenarei
- prone to bad dreams and ianmson
- She wanted to asttnigiee
- food-ntpddneee dreaming
- people with enoaltingsaristt problems
- sleep tdusbesnirca
- oaesitscda with different dreams
- Her egellacuo Dr Tore Nielsen
- affect a huge piorortpon
- a lacinlily significant sleep disorder

Answers – Synonym Match

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

Comprehension Questions

Listen to / read the news article. Answer these questions.
(Answers are on p. 27 of the 27-page PDF.)

1.	What is the name of the journal mentioned in the first paragraph?
2.	What are lactose intolerant people prone to besides bad dreams?
3.	How many people's sleep patterns did a professor look at?
4.	What did a 2015 study look into?
5.	What did people in the 2015 study blame cheese for?
6.	What else might cause nightmares besides lactose intolerance?
7.	How is Dr Tore Nielsen related to Marie-Pierre St-Onge?
8.	How many people did Marie-Pierre St-Onge had sleep disturbances?
9.	How many people will have a serious clinical sleep disorder?
10.	What do five per cent of people experience frequently?

Speaking – Dairy Products

Rank these with your partner. Put the best dairy products at the top. Change partners often and share your rankings.

- | | |
|-----------|---------------|
| • Cheese | • Butter |
| • Milk | • Ice cream |
| • Yoghurt | • Milk shakes |
| • Cream | • Whey |

Answers – True False

1 F	2 F	3 T	4 T	5 F	6 T	7 T	8 T
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Answers to Phrase Match and Spelling are in the text.