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Level 6 – 7th July 2025

Scientists say cheese could give us nightmares

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

Contents

Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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: 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

WARM-UPS

1. DREAMS: Students walk around the class and talk to other students about dreams. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

3. DREAM RECORDERS: Students A **strongly** believe we need software that can record and play back our dreams; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. FOOD DREAMS: What kinds of dreams might these foods give us, and why? Complete this table with your partner(s). Change partners often and share what you wrote.

	What Kind of Dreams?	**Why?**
Cheese		
Chocolate		
Garlic		
Chilli		
Rice		
Spinach		

5. SLEEP: Spend one minute writing down all of the different words you associate with the word "sleep". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

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

- Cheese
- Milk
- Yoghurt
- Cream

- Butter
- Ice cream
- Milk shakes
- Whey

VOCABULARY MATCHING

Paragraph 1

1. dairy

2. frontiers

3. severe

4. lactose

5. prone

6. insomnia

7. disturbing

a. Something that makes you feel worried or upset.

b. Very bad or strong.

c. Likely to do something or often having something happen.

d. Food made from milk, like cheese, butter, and yogurt.

e. A problem where a person cannot sleep.

f. The extreme limit of understanding or achievement in a particular area.

g. A sugar found in milk.

Paragraph 2

8. gastrointestinal

9. intolerance

10. account for

11. colleague

12. proportion

13. clinically

14. disorder

h. A person you work with.

i. Part of a whole or a percentage of something.

j. A problem with the way the body or mind works.

k. When your body cannot accept something, like a type of food.

l. In a way that is related to doctors or medical tests.

m. Make up a specified amount or proportion of something.

n. About the stomach and the intestines (the part of the body that digests food).

BEFORE READING / LISTENING

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

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**

2. 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

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

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

GAP FILL

New research suggests that (1) _____ products, cheese in particular, could give people nightmares. Research published in the (2) _____ "Frontiers in Psychology" found that people with a severe lactose intolerance were more (3) _____ to bad dreams and insomnia. Professor Marie-Pierre St-Onge, (4) _____ of the Dream and Nightmare Lab in Montreal, Canada, analyzed the diet, health and sleep (5) _____ of more than 1,000 people. She wanted to investigate the (6) _____ to which food affected dreams. She based her research on a 2015 study that (7) _____ into "food-dependent dreaming". Participants in the 2015 study (8) _____ cheese and other dairy products for disturbing their sleep.

director

degree

journal

blamed

dairy

prone

looked

patterns

Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had (9) _____ and more frequent nightmares. She said: "If you have gastrointestinal issues, that could (10) _____ for a lot of what's happening in (11) _____ of sleep disturbances that could be (12) _____ with different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect a huge (13) _____ of the general population. One large survey found that 30-40 per cent of (14) _____ will have a clinically significant sleep disorder in their lifetime." Previous research suggests that about 85 per cent of adults have a nightmare at (15) _____ once a year, with about 5 per cent of people experiencing them (16) _____.

terms

scarier

frequently

proportion

least

account

associated

individuals

LISTENING – Guess the answers. Listen to check.

1) people with a severe lactose intolerance _____
   a. were more prone
   b. were more drone
   c. were more crone
   d. were more prong

2) director of the Dream and Nightmare Lab in Montreal, Canada _____
   a. analyzed the date
   b. analyzed the diet
   c. analyzed the duty
   d. analyzed the ditty

3) She wanted to investigate the degree to which _____
   a. food afflicted dreams
   b. food affection dreams
   c. food affect it dreams
   d. food affected dreams

4) She based her research on a 2015 study that looked into _____
   a. food-dependent dream in
   b. food-dependent dreaming
   c. food-dependent dreaming
   d. foodie-dependent dreaming

5) the 2015 study blamed cheese and other dairy products for _____
   a. disturbing their sleep
   b. disturbance their sleep
   c. disturb bin their sleep
   d. disturb in their sleep

6) people with gastrointestinal problems and lactose intolerance had scarier and _____
   a. more frequency nightmares
   b. more frequently nightmares
   c. more frequent nightmares
   d. more free quantum nightmares

7) that could account for a lot of what's happening in _____
   a. teams of sleep
   b. teams of slept
   c. terms off sleep
   d. terms of sleep

8) Sleep disturbances affect a huge proportion of _____
   a. the general population
   b. the colonel population
   c. the sergeant population
   d. the lieutenant population

9) 30-40 per cent of individuals will have a clinically _____
   a. significance sleep disorder
   b. significant sleep disorder
   c. significantly sleep disorder
   d. signify can't sleep disorder

10) with about 5 per cent of people _____
   a. experience in them frequently
   b. experiencing then frequently
   c. experiencing them frequency
   d. experiencing them frequently

LISTENING – Listen and fill in the gaps

New research suggests that dairy products, (1) _____, could give people nightmares. Research published in the journal "Frontiers in Psychology" found that people (2) _____ lactose intolerance were more (3) _____ dreams and insomnia. Professor Marie-Pierre St-Onge, director of the Dream and Nightmare Lab in Montreal, Canada, (4) _____, health and sleep patterns of more than 1,000 people. She wanted to (5) _____ 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 (6) _____ their sleep.

Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had scarier (7) _____ nightmares. She said: "If you have gastrointestinal issues, that (8) _____ a lot of what's happening in terms of sleep disturbances that could (9) _____ different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect (10) _____ of the general population. One large survey found that 30-40 per cent of individuals will have (11) _____ sleep disorder in their lifetime." Previous research suggests that about 85 per cent of adults have a (12) _____ once a year, with about 5 per cent of people experiencing them frequently.

COMPREHENSION QUESTIONS

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?

MULTIPLE CHOICE - QUIZ

1) What is the name of the journal mentioned in the first paragraph?
a) Cheese and Nightmares
b) Frontiers in Psychology
c) Dairy Products and Sleep
d) Issues with Lactose, Glucose and Fructose

2) What are lactose intolerant people prone to besides bad dreams?
a) headaches
b) daydreaming
c) light patches on their skin
d) insomnia

3) How many people's sleep patterns did a professor look at?
a) fewer than 1,000
b) exactly 1,000
c) more than 1,000
d) about 1,000

4) What did a 2015 study look into?
a) food-dependent dreaming
b) the problems of milk
c) Why people dream about food.
d) food-dependent cheese

5) What did people in the 2015 study blame cheese for?
a) the problems of the world
b) disturbing their sleep
c) bad skin
d) forgetfulness

6) What else might cause nightmares besides lactose intolerance?
a) gastrointestinal problems
b) gum disease
c) high blood pressure
d) a sweet tooth

7) How is Dr Tore Nielsen related to Marie-Pierre St-Onge?
a) She is a patient.
b) They are friends.
c) She is a colleague.
d) They are married.

8) How many people did Marie-Pierre St-Onge had sleep disturbances?
a) a huge proportion of the general population
b) a small percentage of the population.
c) almost nobody
d) about half of us

9) How many people will have a serious clinical sleep disorder?
a) about 60-70% of people
b) about 50-60% of people
c) about 40-50% of people
d) about 30-40% of people

10) What do five per cent of people experience frequently?
a) toothache
b) insomnia
c) nightmares
d) indigestion due to cheese

ROLE PLAY

Role A – Cheese

You think cheese is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their dairy products. Also, tell the others which is the least tasty of these (and why): milk, yoghurt or butter.

Role B – Milk

You think milk is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their dairy products. Also, tell the others which is the least tasty of these (and why): cheese, yoghurt or butter.

Role C – Yoghurt

You think yoghurt is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their dairy products. Also, tell the others which is the least tasty of these (and why): milk, cheese or butter.

Role D – Butter

You think butter is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their dairy products. Also, tell the others which is the least tasty of these (and why): milk, yoghurt or cheese.

AFTER READING / LISTENING

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for… the words 'dream' and 'nightmare'.

dream	nightmare

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning…?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• particular	• scarier
• journal	• issues
• prone	• terms
• diet	• huge
• degree	• clinically
• looked	• year

DREAMS SURVEY

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.

DREAMS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1.   What did you think when you read the headline?

2.   What images are in your mind when you hear the word 'dream'?

3.   What do you think of dreams?

4.   What do you think of cheese and dairy products?

5.   Why do people have nightmares?

6.   What kinds of dreams do you have?

7.   Would you like to remember all your dreams?

8.   Do dreams have any meaning?

9.   What can people do if they have insomnia?

10. What food would give us different kinds of dreams?

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DREAMS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?

12. What do you think of when you hear the word 'nightmare'?

13. What do you think about what you read?

14. What do you think of nightmares?

15. What would it be like to be lactose intolerant?

16. How often is your sleep disturbed?

17. What do you do when you can't sleep?

18. What can we do to stop having bad dreams and nightmares?

19. Why is it bad to eat before sleeping?

20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

New research suggests that dairy (1) _____, cheese in particular, could (2) _____ people nightmares. Research published in the journal "Frontiers in Psychology" found that people with a (3) _____ 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 (4) _____, health and sleep patterns of more than 1,000 people. She wanted to investigate the degree to which food affected dreams. She (5) _____ her research on a 2015 study that looked into "food-dependent dreaming". Participants in the 2015 study blamed cheese and other dairy products (6) _____ disturbing their sleep.

Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had (7) _____ and more frequent nightmares. She said: "If you have gastrointestinal issues, that could account (8) _____ 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 (9) _____ a huge proportion of the general population. One large survey found that 30-40 per cent of individuals will have a (10) _____ significant sleep disorder in their lifetime." (11) _____ research suggests that about 85 per cent of adults (12) _____ a nightmare at least once a year, with about 5 per cent of people experiencing them frequently.

Put the correct words from the table below in the above article.

1.	(a)	production	(b)	product	(c)	products	(d)	produces
2.	(a)	give	(b)	side	(c)	dream	(d)	watch
3.	(a)	severe	(b)	sever	(c)	several	(d)	severed
4.	(a)	diet	(b)	dietician	(c)	dietary	(d)	dieted
5.	(a)	biased	(b)	debased	(c)	basted	(d)	based
6.	(a)	on	(b)	at	(c)	of	(d)	for
7.	(a)	scarier	(b)	scares	(c)	scarred	(d)	scare
8.	(a)	in	(b)	by	(c)	of	(d)	for
9.	(a)	affect	(b)	infect	(c)	effect	(d)	deflect
10.	(a)	clinician	(b)	clinically	(c)	clinic	(d)	clinics
11.	(a)	impervious	(b)	previous	(c)	perilous	(d)	improved
12.	(a)	have	(b)	see	(c)	watch	(d)	scare

SPELLING

Paragraph 1

1.   <u>yadri</u> products

2.   <u>nirrsetfo</u> in psychology

3.   a severe lactose <u>nolctenarei</u>

4.   prone to bad dreams and <u>iianmson</u>

5.   She wanted to <u>asttvnigiee</u>

6.   food-<u>ntpddneee</u> dreaming

Paragraph 2

7.   people with <u>enoaltingsaristt</u> problems

8.   sleep <u>tdusbesnirca</u>

9.   <u>oaesitscda</u> with different dreams

10.   Her <u>egellacuo</u> Dr Tore Nielsen

11.   affect a huge <u>piorortpon</u>

12.   a <u>lacicnlily</u> significant sleep disorder

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

(   )   2015 study blamed cheese and other dairy products for disturbing their sleep.

(   )   account for a lot of what's happening in terms of sleep disturbances that could be associated

(   )   and more frequent nightmares. She said: "If you have gastrointestinal issues, that could

(   )   and Nightmare Lab in Montreal, Canada, analyzed the diet, health and sleep patterns

(   )   Dr St-Onge discovered that people with gastrointestinal problems and lactose intolerance had scarier

(   )   her research on a 2015 study that looked into "food-dependent dreaming". Participants in the

(   )   in the journal "Frontiers in Psychology" found that people with a severe lactose intolerance were more

(**1**)   New research suggests that dairy products, cheese in particular, could give people nightmares. Research published

(   )   nightmare at least once a year, with about 5 per cent of people experiencing them frequently.

(   )   of more than 1,000 people. She wanted to investigate the degree to which food affected dreams. She based

(   )   prone to bad dreams and insomnia. Professor Marie-Pierre St-Onge, director of the Dream

(   )   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

(   )   with different dreams." Her colleague, Dr Tore Nielsen, said: "Sleep disturbances affect a huge

PUT THE WORDS IN THE RIGHT ORDER

1. Cheese   particular,   nightmares   in   give   people   could   .

2. People   prone   were   with   intolerance   lactose   severe   more   .

3. Investigate   food   to   dreams   affected   the   which   of   degree   the   .

4. A   2015   food-dependent   looked   that   dreaming   into   study   .

5. Participants   other   cheese   dairy   and   blamed   products   .

6. People   intolerance   gastrointestinal   with   problems   and   lactose   .

7. What's   in   disturbances   sleep   happening   terms   of   .

8. Affect   huge   general   of   the   population   proportion   a   .

9. Individuals   disorder   have   a   sleep   significant   clinically   will   .

10. Have   least   at   once   nightmare   a   a   year   .

CIRCLE THE CORRECT WORD (20 PAIRS)

New research suggests that dairy products, cheese in *peculiar / particular*, could give people nightmares. Research published in the journal "Frontiers in Psychology" found *what / that* people with a severe lactose intolerance were more *prone / prove* to bad dreams and *insomnia / insomniac*. Professor Marie-Pierre St-Onge, director of the Dream and Nightmare Lab in Montreal, Canada, analyzed *a / the* diet, health and sleep patterns of more than 1,000 people. She wanted to investigate the degree to *what / that* food affected dreams. She based her research *on / in* a 2015 study that looked *onto / into* "food-dependent dreaming". *Participants / Participates* in the 2015 study blamed cheese and other dairy products for *disturbance / disturbing* their sleep.

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

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

N_w   r_s__rch   s_gg_sts   th_t   d__ry   pr_d_cts,   ch__s_   _n   p_rt_c_l_r,   c__ld   g_v_   p__pl_   n_ghtm_r_s.   R_s__rch   p_bl_sh_d   _n   th_   j__rn_l   "Fr_nt__rs   _n   Psych_l_gy"   f__nd   th_t   p__pl_   w_th   _   s_v_r_   l_ct_s_   _nt_l_r_nc_   w_r_   m_r_   pr_n_   t_   b_d   dr__ms   _nd   _ns_mn__.   Pr_f_ss_r   M_r__-P__rr_   St-_ng_,   d_r_ct_r   _f   th_   Dr__m   _nd   N_ghtm_r_   L_b   _n   M_ntr__l,   C_n_d_,   _n_lyz_d   th_   d__t,   h__lth   _nd   sl__p   p_tt_rns   _f   m_r_   th_n   1,000   p__pl_.   Sh_   w_nt_d   t_   _nv_st_g_t_   th_   d_gr__   t_   wh_ch   f__d   _ff_ct_d   dr__ms.   Sh_   b_s_d   h_r   r_s__rch   _n   _   2015   st_dy   th_t   l__k_d   _nt_   "f__d-d_p_nd_nt   dr__m_ng".   P_rt_c_p_nts   _n   th_   2015   st_dy   bl_m_d   ch__s_   _nd   _th_r   d__ry   pr_d_cts   f_r   d_st_rb_ng   th__r   sl__p.

Dr   St-_ng_   d_sc_v_r_d   th_t   p__pl_   w_th   g_str__nt_st_n_l   pr_bl_ms   _nd   l_ct_s_   _nt_l_r_nc_   h_d   sc_r__r   _nd   m_r_   fr_q__nt   n_ghtm_r_s.   Sh_   s__d: "_f   y__   h_v_   g_str__nt_st_n_l   _ss__s,   th_t   c__ld   _cc__nt   f_r   _   l_t   _f   wh_t's   h_pp_n_ng   _n   t_rms   _f   sl__p   d_st_rb_nc_s   th_t   c__ld   b_   _ss_c__t_d   w_th   d_ff_r_nt   dr__ms."   H_r   c_ll__g__,   Dr   T_r_   N__ls_n,   s__d: "Sl__p   d_st_rb_nc_s   _ff_ct   _   h_g_   pr_p_rt__n   _f   th_   g_n_r_l   p_p_l_t__n.   _n_   l_rg_   s_rv_y   f__nd   th_t   30-40   p_r   c_nt   _f   _nd_v_d__ls   w_ll   h_v_   _   cl_n_c_lly   s_gn_f_c_nt   sl__p   d_s_rd_r   _n   th__r   l_f_t_m_."   Pr_v___s   r_s__rch   s_gg_sts   th_t   _b__t   85   p_r   c_nt   _f   _d_lts   h_v_   _   n_ghtm_r_   _t   l__st   _nc_   _   y__r,   w_th   _b__t   5   p_r   c_nt   _f   p__pl_   _xp_r__nc_ng   th_m   fr_q__ntly.

PUNCTUATE THE TEXT AND ADD CAPITALS

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 mariepierre stonge director of the dream and nightmare lab in montreal canada analyzed the diet health and sleep patterns of more than 1000 people she wanted to investigate the degree to which food affected dreams she based her research on a 2015 study that looked into fooddependent dreaming participants in the 2015 study blamed cheese and other dairy products for disturbing their sleep

dr stonge 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 whats 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 3040 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

PUT A SLASH (/) WHERE THE SPACES ARE

Newresearchsuggeststhatdairyproducts,cheeseinparticular,couldgi vepeoplenightmares.Researchpublishedinthejournal"FrontiersinPs ychology"foundthatpeoplewithaseverelactoseintoleranceweremore pronetobaddreamsandinsomnia.ProfessorMarie-PierreSt-Onge,dir ectoroftheDreamandNightmareLabinMontreal,Canada,analyzedthe diet,healthandsleeppatternsofmorethan1,000people.Shewantedtoi nvestigatethedegreetowhichfoodaffecteddreams.Shebasedherrese archona2015studythatlookedinto"food-dependentdreaming".Part icipantsinthe2015studyblamedcheeseandotherdairyproductsfordist urbingtheirsleep.DrSt-Ongediscoveredthatpeoplewithgastrointesti nalproblemsandlactoseintolerancehadscarierandmorefrequentnigh tmares.Shesaid:"Ifyouhavegastrointestinalissues,thatcouldaccoun tforalotofwhat'shappeningintermsofsleepdisturbancesthatcouldbea ssociatedwithdifferentdreams."Hercolleague,DrToreNielsen,said:" Sleepdisturbancesaffectahugeproportionofthegeneralpopulation.O nelargesurveyfoundthat30-40percentofindividualswillhaveaclinical lysignificantsleepdisorderintheirlifetime."Previousresearchsuggest sthatabout85percentofadultshaveanightmareatleastonceayear,wit habout5percentofpeopleexperiencingthemfrequently.

FREE WRITING

Write about **dreams** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

We should never eat before bed. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. DREAMS: Make a poster about dreams. Show your work to your classmates in the next lesson. Did you all have similar things?

4. RECORDING DREAMS: Write a magazine article about inventing software that can record dreams for us to watch. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on dreams. Ask him/her three questions about them. Give him/her three of your opinions of dreams. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.   d   2.   f   3.   b   4.   g   5.   c   6.   e   7.   a

8.   n   9.   k   10.   m   11.   h   12.   i   13.   l   14.   j

TRUE / FALSE (p.5)

1 F   2 F   3 T   4 T   5 F   6 T   7 T   8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Frontiers in Psychology
2. Insomnia
3. More than 1,000
4. Food-dependent dreaming
5. Disturbing their sleep
6. Gastrointestinal problems
7. She is a colleague.
8. A huge proportion of the general population
9. About 30-40% of people
10. Nightmares

WORDS IN THE RIGHT ORDER (p.19)

1. Cheese in particular, could give people nightmares.
2. People with severe lactose intolerance were more prone.
3. Investigate the degree to which food affected dreams.
4. A 2015 study that looked into food-dependent dreaming.
5. Participants blamed cheese and other dairy products.
6. People with gastrointestinal problems and lactose intolerance.
7. What's happening in terms of sleep disturbances.
8. Affect a huge proportion of the general population.
9. Individuals will have a clinically significant sleep disorder.
10. Have a nightmare at least once a year.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)