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Level 1 – 27th November 2025

Music can help quicker recovery after surgery

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

<https://breakingnewsenglish.com/2511/251127-music-therapy-anaesthesia-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2511/251127-music-therapy-anaesthesia-1.html>

Music can help patients recover from surgery. Doctors in India played flute music to a female patient. Before her operation, doctors gave the woman drugs to make her sleep. The drugs blocked pain signals and relaxed the woman's muscles. However, the part of her brain that helps her listen stayed active. Doctors say she could still hear music. This means she needed fewer painkilling drugs. She woke up faster and was more alert after surgery.

A doctor explained why music helps patients. She said music wasn't just background music. It helped patients feel less pain and need fewer painkillers. Another doctor, who is a music therapist, agreed. She said music is important in the operating theatre. She said her aim is for patients to "wake up clear-headed, alert... and ideally pain-free" after surgery. She said music helped control pain and reduce patients' stress.

Sources: <https://www.cancernursingtoday.com/post/music-therapy-offers-recovery-benefit-after-laparoscopic-crc-radical-resection>
<https://www.bbc.com/news/articles/c231dv9zp3o>
<https://www.news-medical.net/news/20251027/Intraoperative-music-therapy-reduces-anesthetic-use-and-physiological-stress.aspx>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2511/251127-music-therapy-anaesthesia-1.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|-------------------|
| 1. Music can help patients recover | a. make her sleep |
| 2. flute | b. patient |
| 3. a female | c. more alert |
| 4. doctors gave the woman drugs to | d. muscles |
| 5. The drugs blocked pain | e. from surgery |
| 6. relaxed the woman's | f. signals |
| 7. she needed fewer painkilling | g. music |
| 8. She woke up faster and was | h. drugs |

PARAGRAPH TWO:

- | | |
|--|-------------------|
| 1. A doctor explained why music | a. feel less pain |
| 2. background | b. stress |
| 3. It helped patients | c. theatre |
| 4. a music | d. pain |
| 5. music is important in the operating | e. helps patients |
| 6. wake up clear- | f. therapist |
| 7. She said music helped control | g. music |
| 8. reduce patients' | h. headed |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2511/251127-music-therapy-anaesthesia-1.html>

Music can (1) _____ from surgery. Doctors in India (2) _____ to a female patient. Before her operation, doctors gave the woman drugs to make her sleep. The drugs (3) _____ and relaxed the woman's muscles. However, the part of her (4) _____ her listen stayed active. Doctors say she could still hear music. This (5) _____ fewer painkilling drugs. She woke up faster and was (6) _____ surgery.

A doctor (7) _____ helps patients. She said music (8) _____ music. It helped patients feel less pain and (9) _____. Another doctor, who is a music therapist, agreed. She said music is important in (10) _____. She said her aim is for patients to "wake up (11) _____... and ideally pain-free" after surgery. She said music helped control (12) _____ patients' stress.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2511/251127-music-therapy-anaesthesia-1.html>

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MUSIC SURVEY

From <https://breakingnewsenglish.com/2511/251127-music-therapy-anaesthesia-4.html>

Write five GOOD questions about music 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/2511/251127-music-therapy-anaesthesia-1.html>

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

[illegible]