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Level 0 – 17th September 2026

Sleeping with a light on could damage the heart

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

<https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-0.html>

Sleeping with a light on could harm your heart.

Researchers put sensors on people to measure the light in their bedrooms. Later, people with no heart disease had an MRI scan. The scans showed a link between sleeping with a light on and changes in the heart. For some people, the heart was less able to pump blood.

Light could be a new risk for heart disease. A researcher suggested that turning off lights while sleeping could help prevent heart problems. People should turn off lights in their bedroom. Their room should be as dark as possible. The researcher said using blackout curtains and turning off tiny LED lights were good ideas.

Sources: <https://www.medpagetoday.com/cardiology/generalcardiology/122971>
<https://time.com/article/2026/09/11/light-exposure-at-night-is-linked-to-heart-changes/>
<https://www.usatoday.com/story/life/health-wellness/2026/09/10/sleep-habit-bad-heart-health-new-study/91695591007/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|----------------------|
| 1. Sleeping with a light on could | a. on people |
| 2. put sensors | b. in the heart |
| 3. measure the light | c. disease |
| 4. people with no heart | d. blood |
| 5. an MRI | e. link |
| 6. The scans showed a | f. harm your heart |
| 7. changes | g. in their bedrooms |
| 8. pump | h. scan |

PARAGRAPH TWO:

- | | |
|----------------------------|---------------------------|
| 1. Light could be | a. prevent heart problems |
| 2. heart | b. while sleeping |
| 3. turning off lights | c. LED lights |
| 4. help | d. disease |
| 5. turn off lights in | e. dark as possible |
| 6. Their room should be as | f. a new risk |
| 7. blackout | g. their bedroom |
| 8. turning off tiny | h. curtains |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-0.html>

Sleeping with a light on could (1) _____.

Researchers (2) _____ people to measure

the (3) _____ bedrooms. Later, people with

no heart disease had an MRI scan. The scans

(4) _____ between sleeping with a light on

(5) _____ the heart. For some people, the

heart was less able (6) _____.

Light could be a (7) _____ heart disease. A

researcher suggested that turning off lights

(8) _____ help prevent heart problems.

People (9) _____ lights in their bedroom.

Their room should (10) _____ as possible.

The researcher said (11) _____ and turning

off tiny LED lights (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-0.html>

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n people to measure the light in their bedrooms. Later, people with no heart
r disease had an MRI scan. The scans showed a link between sleeping with
a light on and changes in the heart. For some people, the heart was less able
to pump blood. Light could be a new risk for heart disease. A researcher
suggested that turning off lights while sleeping could help prevent heart
problems. People should turn off lights in their bedroom. Their room should
be as dark as possible. The researchers said using blackout curtains and
turning off tiny LED lights were good ideas.

SLEEP

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-0.html>

Write five GOOD questions about sleep 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/2609/260917-sleeping-with-a-light-on-0.html>

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

[illegible]