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Level 1 – 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-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/2609/260917-sleeping-with-a-light-on-1.html>

Researchers say sleeping with a light on could harm your heart. Even lights that are not so bright could be harmful. The researchers put sensors on 11,000 people to measure the light in their bedrooms. People with no heart disease had an MRI scan three years later. The scans showed a link between sleeping with a light on and changes in the heart. The heart muscles were thicker. Also, the heart was less able to pump blood.

The lead researcher said light was a new risk for heart disease. He suggested that reducing light while sleeping could help to prevent heart disease. The researchers advised people to turn off lights in their bedroom. They said the room should be as dark as possible. They added that their advice was simple and cheap: use blackout curtains and warm-coloured lights. They also suggested covering the small standby LEDs on household devices.

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-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------|---------------------|
| 1. lights that are not | a. heart disease |
| 2. researchers put sensors | b. were thicker |
| 3. people with no | c. on 11,000 people |
| 4. an MRI | d. blood |
| 5. sleeping with a | e. scan |
| 6. changes in | f. so bright |
| 7. The heart muscles | g. the heart |
| 8. pump | h. light on |

PARAGRAPH TWO:

- | | |
|-------------------------------|--------------------------|
| 1. lead | a. to turn off lights |
| 2. light was a new risk | b. sleeping |
| 3. reducing light while | c. prevent heart disease |
| 4. help to | d. household devices |
| 5. researchers advised people | e. and cheap |
| 6. the room should be | f. researcher |
| 7. their advice was simple | g. as dark as possible |
| 8. small standby LEDs on | h. for heart disease |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-1.html>

Researchers say sleeping with (1) _____ could harm your heart. Even lights that are (2) _____ could be harmful. The researchers put sensors on 11,000 people (3) _____ light in their bedrooms. People with no heart disease had an MRI scan (4) _____. The scans showed a link between sleeping with a light on (5) _____ the heart. The heart muscles were thicker. Also, the heart was less able (6) _____.

The lead researcher said light was a (7) _____ heart disease. He suggested that reducing light while sleeping could (8) _____ heart disease. The researchers (9) _____ turn off lights (10) _____. They said the room should be as dark as possible. They added that their advice was (11) _____: use blackout curtains and warm-coloured lights. They also suggested covering the small standby LEDs (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-1.html>

Researcher says sleeping with a light on could harm your heart. Even light that is not so bright could be harmful. The researcher puts sensors on 1,000 people to measure the light in their bedrooms. People with no heart disease had an MRI scan three years later. The scans showed a link between sleeping with a light on and changes in the heart. The heart muscles were thicker. Also, the heart was less able to pump blood. The lead researcher said light was a new risk for heart disease. He suggested that reducing light while sleeping could help to prevent heart disease. The researcher advised people to turn off lights in their bedroom. They said the room should be as dark as possible. They added that their advice was simple and cheap: use blackout curtains and warm-coloured lights. They also suggested covering the small standby LED on household devices.

SLEEP SURVEY

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-4.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-1.html>

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

[illegible]