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Level 2 – 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-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-2.html>

Sleeping with a light on could be bad for your heart. Researchers in the USA say even a light that is not very bright could be harmful. The researchers did tests on 11,000 people. The people wore sensors that measured the amount of light in their bedrooms. People who had 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 structure of the heart. One change was thicker heart muscles. Another change was the heart was less able to pump blood, stretch, and relax during heartbeats.

The study is published in the European Heart Journal. The lead researcher said light pollution was a new risk factor for heart disease. He suggested that reducing light while sleeping could be a strategy for preventing heart disease. The researchers advised people to turn off lights, televisions, and smartphones in their bedroom. They said people needed to make the room as dark as possible. They added: "The advice is simple and inexpensive: blackout curtains, warm-coloured bedside lighting, and covering the small standby LEDs on household electronics."

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-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|---------------------|
| 1. even a light that is not | a. of the heart |
| 2. researchers did tests | b. blood |
| 3. the people wore | c. of light |
| 4. measured the amount | d. heartbeats |
| 5. changes in the structure | e. very bright |
| 6. One change was thicker heart | f. sensors |
| 7. the heart was less able to pump | g. muscles |
| 8. relax during | h. on 11,000 people |

PARAGRAPH TWO:

- | | |
|------------------------------------|------------------------|
| 1. light pollution was a new | a. and inexpensive |
| 2. reducing light while | b. to turn off lights |
| 3. a strategy for preventing heart | c. electronics |
| 4. researchers advised people | d. disease |
| 5. make the room | e. risk |
| 6. the advice is simple | f. lighting |
| 7. warm-coloured bedside | g. sleeping |
| 8. household | h. as dark as possible |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-2.html>

Sleeping with a light on (1) _____ for your heart. Researchers in the USA say (2) _____ that is not very bright could be harmful. The researchers did tests on 11,000 people. The people (3) _____ measured the amount of light in their bedrooms. People who had no heart disease had an MRI scan three years later. The scans showed (4) _____ sleeping with a light on and changes in the structure of the heart. One change was thicker heart muscles. Another change was the heart was less able (5) _____, stretch, (6) _____ heartbeats.

The study (7) _____ the European Heart Journal. The lead researcher said (8) _____ a new risk factor for heart disease. He suggested that reducing light while sleeping could be (9) _____ preventing heart disease. The researchers (10) _____ turn off lights, televisions, and smartphones in their bedroom. They said people needed to make the room as (11) _____. They added: "The advice is simple and inexpensive: blackout curtains, warm-coloured bedside lighting, and (12) _____ standby LEDs on household electronics."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-2.html>

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SLEEP SURVEY

From <https://breakingnewsenglish.com/2609/260917-sleeping-with-a-light-on-2.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-2.html>

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

[illegible]