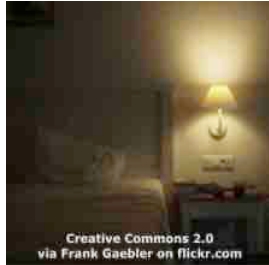


Sleeping with a light on could damage the heart

17th September 2026



Sleeping with a light on could be bad for you. Researchers from Tulane University in the USA say any kind of light at bedtime could be bad for your heart. Even a very dim light could be harmful. The researchers did

tests on 11,000 people for a week. The test participants wore sensors that measured the amount of light in their bedrooms. People who did not have heart disease had an MRI scan three years later. The scans showed there was 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 that people's hearts were less able to pump blood, stretch, and relax during heartbeats.

The study is published in the European Heart Journal. Lead researcher Professor Lu Qi wrote: "Light pollution has emerged as a new risk factor for cardiovascular disease." He added the findings from his study suggest that reducing light while sleeping could be "one of the potential strategies for preventing heart disease". The researchers suggested turning off lights, televisions, and smartphones in the bedroom. They said people needed to get their sleeping environment 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: medpagetoday.com / time.com / usatoday.com

Writing

It's best to sleep without any lights on. Discuss.

Chat

Talk about these words from the article.

sleeping / light / bedtime / harmful / sensors / heart disease / scans / muscles / relax / study / researcher / risk / televisions / smartphones / bedroom / curtains / LEDs

True / False

- 1) Researchers say most lights at bedtime are not bad for your heart. T / F
- 2) Lights that are not bright are not at all harmful. T / F
- 3) MRI scans showed sleeping with a light on could change the heart. T / F
- 4) Sleeping with a light on could make it difficult for the heart to pump. T / F
- 5) A researcher said light pollution was a new risk for heart disease. T / F
- 6) Turning off lights while sleeping could be a strategy for a healthier heart. T / F
- 7) A researcher said the bedroom should be as dark as possible. T / F
- 8) Small standby LEDs on household electronics should be left on. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|---------------|
| 1. bad | a. connection |
| 2. dim | b. home |
| 3. measured | c. cutting |
| 4. link | d. calculated |
| 5. structure | e. pale |
| 6. risk | f. possible |
| 7. reducing | g. guidance |
| 8. potential | h. harmful |
| 9. advice | i. danger |
| 10. household | j. shape |

Discussion – Student A

- a) What do you think about what you read?
- b) What do you know about light pollution?
- c) What do you know about cardiovascular disease?
- d) Do you need your smartphone in your bedroom?
- e) Would you like to use blackout curtains?
- f) Will you change the lighting in your bedroom from now?
- g) Can you sleep during daylight?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|---|--------------------------------|
| 1. Sleeping with a light on could | a. heart disease |
| 2. any kind of light at bedtime | b. light could be harmful |
| 3. Even a very dim | c. inexpensive |
| 4. sensors that measured | d. pump blood |
| 5. hearts were less able to | e. the amount of light |
| 6. Light pollution has emerged as a new | f. household electronics |
| 7. potential strategies for preventing | g. be bad for you |
| 8. get their sleeping environment | h. risk factor |
| 9. The advice is simple and | i. as dark as possible |
| 10. the small standby LEDs on | j. could be bad for your heart |

Discussion – Student B

- Why do some people have to sleep with a light on?
- How does light affect your sleep?
- Can you sleep in total darkness?
- What light sources are there in your room at night?
- Why might light affect the heart?
- How unnatural is it for there to be light when you sleep?
- What things stop you from sleeping?
- What do you do to look after your heart?

Spelling

- sensors that reseamud the amount of light
- heart desaies
- changes in the suttcerur of the heart
- thicker heart cessulm
- less able to pump olobd
- relax during tabetasher
- light oolutlnip
- a new risk arctfo
- one of the latnoteip strategies
- as dark as lpiosesh
- blackout unctiasr
- LEDs on household ocetrnslie

Answers – Synonym Match

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

Comprehension Questions

Listen to / read the news article. Answer these questions.
(Answers are on p. 27 of the 27-page PDF.)

1.	What did researchers say about dim lights?
2.	How many participants took part in the study?
3.	What did some test participants have three years after tests?
4.	What might hearts be less able to pump?
5.	What might a heart not be able to do during heartbeats?
6.	Who is Lu Qi?
7.	What might be a new risk factor for cardiovascular disease?
8.	What did the researchers say the sleeping environment be like?
9.	What kind of curtains did a researcher advise people to use?
10.	On what should we turn off small standby LEDs?

Speaking – Sleeping

Rank these with your partner. Put the best things that help us get to sleep quickly at the top. Change partners often and share your rankings.

- | | |
|------------------|------------------|
| • Counting sheep | • No phone |
| • Music | • Slow breathing |
| • Reading a book | • Exercise |
| • Hot bath | • Food |

Answers – True False

1	F	2	F	3	T	4	T	5	T	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.