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Level 3 – 17th September 2026

Sleeping with a light on could damage the heart

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

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: <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/>

WARM-UPS

1. SLEEP: Students walk around the class and talk to other students about sleep. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

3. LIGHTS OFF: Students A **strongly** believe all lights off at bedtime is best; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. LACK OF SLEEP: Do these things ever cause you a lack of sleep? What do you do about them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Me	What I Do
Light		
Noise		
Temperature		
Worrying		
Food		
Coffee		

5. BED: Spend one minute writing down all of the different words you associate with the word "bed". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. GETTING TO SLEEP: 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
- Music
- Reading a book
- Hot bath
- No phone
- Slow breathing
- Exercise
- Food

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------------|---|
| 1. dim | a. Found out the amount, size, or level of something. |
| 2. harmful | b. To move blood or another liquid around something. |
| 3. participants | c. Not very bright or strong. |
| 4. sensors | d. Causing damage. |
| 5. measured | e. Small devices that find and record information. |
| 6. structure (noun) | f. The way something is built or organised. |
| 7. pump | g. People who take part in a study or activity. |

Paragraph 2

- | | |
|--------------------|---|
| 8. pollution | h. Stopping something bad from happening. |
| 9. emerged | i. Possible or likely to happen. |
| 10. cardiovascular | j. Making something smaller or less. |
| 11. reducing | k. Dirty or harmful things or substances in the air, water, or environment. |
| 12. potential | l. Devices that use electricity, such as televisions and smartphones. |
| 13. preventing | m. Became known or started to happen. |
| 14. electronics | n. Related to the heart and blood vessels. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

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**

2. 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 |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|--------------------------------|
| 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 |

GAP FILL

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

Sleeping with a light on could be bad for you. Researchers from Tulane University in the USA say any (1) _____ of light at bedtime could be bad for your heart. Even a very (2) _____ light could be harmful. The researchers did tests on 11,000 people for a week. The test participants wore (3) _____ that measured the amount of light in their bedrooms. People who did not have heart disease had an MRI (4) _____ three years later. The scans showed there was a (5) _____ between sleeping with a light on and changes in the (6) _____ of the heart. One change was (7) _____ heart muscles. Another change was that people's hearts were less able to pump (8) _____, stretch, and relax during heartbeats.

The study is (9) _____ in the European Heart Journal. Lead researcher Professor Lu Qi wrote: "Light pollution has (10) _____ as a new risk factor for cardiovascular disease." He added the findings from his study suggest that (11) _____ light while sleeping could be "one of the potential (12) _____ for preventing heart disease". The researchers suggested (13) _____ off lights, televisions, and smartphones in the bedroom. They said people needed to get their sleeping environment as (14) _____ as possible. They added: "The advice is (15) _____ and inexpensive: blackout curtains, warm-coloured bedside lighting, and covering the small standby LEDs on household (16) _____."

sensors

link

blood

dim

thicker

scan

kind

structure

turning

reducing

electronics

published

simple

strategies

emerged

dark

LISTENING – Guess the answers. Listen to check.

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

- 1) Sleeping with a light on could be _____
 - a. badly for you
 - b. bad from you
 - c. bad for them
 - d. bad for you
- 2) The test participants wore sensors that measured the _____
 - a. amount of light
 - b. amount off light
 - c. amount oft light
 - d. amount of alight
- 3) scans showed there was a link between sleeping with a light on and changes _____
 - a. in the scripture
 - b. inner structure
 - c. in the structure
 - d. in the structural
- 4) One change was _____
 - a. thicker heart muscles
 - b. thicken heart muscles
 - c. thicket heart muscles
 - d. thick are heart muscles
- 5) Another change was that people's hearts were less able _____
 - a. to pump blooded
 - b. to pump bloods
 - c. to pump bloody
 - d. to pump blood
- 6) Light pollution has emerged as a new risk factor _____
 - a. for cardiovascular disease
 - b. for cardiovascular diseased
 - c. for cardiovascular disease-ridden
 - d. for cardiovascular diocese
- 7) reducing light while sleeping could be "one of _____
 - a. the potent all strategies
 - b. the potential strategies
 - c. the potentially strategies
 - d. the potential strategise
- 8) researchers suggested turning off lights, televisions, and smartphones _____
 - a. on the bedroom
 - b. in the boardroom
 - c. in the bedroom
 - d. in a bedroom
- 9) They said people needed to get their sleeping environment as _____
 - a. dark has possible
 - b. dark was possible
 - c. dark as possible
 - d. dark is possible
- 10) warm-coloured bedside lighting, and covering the small standby LEDs _____
 - a. on house-held electronics
 - b. on household electricity
 - c. an household electronics
 - d. on household electronics

LISTENING – Listen and fill in the gaps

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

Sleeping with a light on could (1) _____ you. Researchers from Tulane University in the USA say any kind of light at bedtime could be bad for your heart. Even a (2) _____ could be harmful. The researchers did tests on 11,000 people for a week. The test participants (3) _____ 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 (4) _____ sleeping with a light on and changes in the structure of the heart. One change was (5) _____. Another change was that people's hearts were less able to pump blood, stretch, and (6) _____.

The study (7) _____ the European Heart Journal. Lead researcher Professor Lu Qi wrote: "Light pollution has emerged as a (8) _____ for cardiovascular disease." He added the findings from his study suggest that reducing light while sleeping could be "one (9) _____ 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 (10) _____. They added: "The (11) _____ and inexpensive: blackout curtains, warm-coloured bedside lighting, and covering (12) _____ LEDs on household electronics."

COMPREHENSION QUESTIONS

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

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 should be like?
9. What kind of curtains did a researcher advise people to use?
10. On what should we turn off small standby LEDs?

MULTIPLE CHOICE - QUIZ

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

- 1) What did researchers say about dim lights?
 - a) They are not bright enough.
 - b) That are not harmful.
 - c) They are too bright.
 - d) They could also be harmful.
- 2) How many participants took part in the study?
 - a) 1,100
 - b) 11,000
 - c) 110,000
 - d) 101,000
- 3) What did some test participants have three years after tests?
 - a) heart pain
 - b) headaches
 - c) high blood pressure
 - d) MRI scans
- 4) What might hearts be less able to pump?
 - a) cells
 - b) water
 - c) blood
 - d) waste
- 5) What might a heart not be able to do during heartbeats?
 - a) close
 - b) open
 - c) pump
 - d) relax
- 6) Who is Lu Qi?
 - a) a heart surgeon
 - b) a journalist
 - c) the lead professor
 - d) a sleep expert
- 7) What might be a new risk factor for cardiovascular disease?
 - a) light pollution
 - b) red meat
 - c) LED lights
 - d) blue light
- 8) What did the researchers say the sleeping environment should be like?
 - a) sealed from all light
 - b) warm
 - c) as dark as possible
 - d) without moonlight
- 9) What kind of curtains did a researcher advise people to use?
 - a) dark curtains
 - b) blackout curtains
 - c) net curtains
 - d) heavy curtains
- 10) On what should we turn off small standby LEDs?
 - a) household electronics
 - b) our cars
 - c) smartphones
 - d) kitchen appliances

ROLE PLAY

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

Role A – Counting Sheep

You think counting sheep is the best thing to sleep quickly. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): listening to music, taking a hot bath or putting your phone away.

Role B – Listening to Music

You think listening to music is the best thing to sleep quickly. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): counting sheep, taking a hot bath or putting your phone away.

Role C – Taking a Hot Bath

You think taking a hot bath is the best thing to sleep quickly. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): listening to music, counting sheep or putting your phone away.

Role D – Putting Your Phone Away

You think putting your phone away is the best thing to sleep quickly. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): listening to music, taking a hot bath or counting sheep.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'sleep' and 'light'.

sleep	light

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• dim • tests • amount • scan • changes • pump	• published • risk • potential • suggested • dark • advice
--	--

SLEEP SURVEY

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

SLEEP DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. Why do some people have to sleep with a light on?
4. How does light affect your sleep?
5. Can you sleep in total darkness?
6. What light sources are there in your room at night?
7. Why might light affect the heart?
8. How unnatural is it for there to be light when you sleep?
9. What things stop you from sleeping?
10. What do you do to look after your heart?

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SLEEP DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'light'?
13. What do you think about what you read?
14. What do you know about light pollution?
15. What do you know about cardiovascular disease?
16. Do you need your smartphone in your bedroom?
17. Would you like to use blackout curtains?
18. Will you change the lighting in your bedroom from now?
19. Can you sleep during daylight?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Sleeping with a light on could be (1) _____ for you. Researchers from Tulane University in the USA say any kind (2) _____ light at bedtime could be bad for your heart. Even a very (3) _____ 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 (4) _____ 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. (5) _____ change was that people's hearts were less able to pump blood, stretch, and relax (6) _____ heartbeats.

The study is published in the European Heart Journal. Lead researcher Professor Lu Qi wrote: "Light pollution has emerged (7) _____ a new risk factor for cardiovascular disease." He added the findings from his study suggest that (8) _____ light while sleeping could be "one of the potential strategies (9) _____ preventing heart disease". The researchers suggested turning off lights, televisions, and smartphones in the bedroom. They said people needed to (10) _____ their sleeping environment as dark as possible. They added: "The (11) _____ is simple and inexpensive: blackout curtains, warm-coloured bedside lighting, and covering the small standby LEDs on household (12) _____."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-----------------|---------------|-----------------|-----------------|
| 1. | (a) bad guy | (b) baddish | (c) badly | (d) bad |
| 2. | (a) on | (b) to | (c) at | (d) of |
| 3. | (a) rim | (b) dim | (c) vim | (d) him |
| 4. | (a) snap | (b) shot | (c) scan | (d) scoop |
| 5. | (a) Other | (b) Others | (c) Another | (d) The others |
| 6. | (a) during | (b) among | (c) up | (d) loud |
| 7. | (a) is | (b) as | (c) has | (d) was |
| 8. | (a) reducing | (b) reduce | (c) reduction | (d) reduces |
| 9. | (a) up | (b) for | (c) to | (d) as |
| 10. | (a) let | (b) met | (c) get | (d) bet |
| 11. | (a) advise | (b) vice | (c) advice | (d) advisor |
| 12. | (a) electrician | (b) electrics | (c) electricity | (d) electronics |

SPELLING

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

Paragraph 1

1. sensors that reseamud the amount of light
2. heart desaies
3. changes in the suttcerur of the heart
4. thicker heart cessulm
5. less able to pump olobd
6. relax during tabetasher

Paragraph 2

7. light oolutlnip
8. a new risk arctfo
9. one of the latnoteip strategies
10. as dark as lpioseseb
11. blackout unctiasr
12. LEDs on household ocetrnslie

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () bedroom. They said people needed to get their sleeping environment as dark as
- () curtains, warm-coloured bedside lighting, and covering the small standby LEDs on household electronics."
- () disease". The researchers suggested turning off lights, televisions, and smartphones in 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.
- () later. The scans showed there was a link between sleeping with a light on and changes in the structure of the
- () of light at bedtime could be bad for your heart. Even a very dim light could be harmful. The researchers did
- () of light in their bedrooms. People who did not have heart disease had an MRI scan three years
- () pollution has emerged as a new risk factor for cardiovascular disease." He added the findings from his
- () possible. They added: "The advice is simple and inexpensive: blackout
- (**1**) Sleeping with a light on could be bad for you. Researchers from Tulane University in the USA say any kind
- () study suggest that reducing light while sleeping could be "one of the potential strategies for preventing heart
- () tests on 11,000 people for a week. The test participants wore sensors that measured the amount
- () The study is published in the European Heart Journal. Lead researcher Professor Lu Qi wrote: "Light

PUT THE WORDS IN THE RIGHT ORDER

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

1. a bad be could light on Sleeping with .
2. a be dim Even harmful light could very .
3. amount light measured of Sensors that the .
4. a link scans showed The there was .
5. able blood hearts less People's to pump were .
6. a as emerged Light new pollution risk has .
7. disease for heart potential preventing strategies The .
8. bedroom off Researchers smartphones suggested the turning in .
9. as as dark environment Get possible their sleeping .
10. Covering electronics household LEDs small standby the on .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Sleeping with a light on could be *badly* / *bad* for you. Researchers from Tulane University in the USA say any kind of light *on* / *at* bedtime could be bad for your heart. Even *a* / *the* very dim light could be harmful. The researchers did tests on 11,000 people *for* / *from* a week. The test participants wore sensors *that* / *what* measured the amount of light in their bedrooms. People who did not have heart *diseased* / *disease* had an MRI scan three years later. The scans *showing* / *showed* there was a link *between* / *among* sleeping with a light on and changes in the structure of the heart. One change was thicker heart muscles. *Another* / *Other* change was that people's hearts were less able to pump blood, stretch, and *relaxed* / *relax* during heartbeats.

The study is published in the European Heart Journal. Lead researcher Professor Lu Qi wrote: "Light pollution *was* / *has* emerged as a new risk *factor* / *factory* for cardiovascular disease." He added the findings from his study suggest that *reduce* / *reducing* light while sleeping could be "one of the potential *strategy* / *strategies* for preventing heart disease". The researchers *suggested* / *warned* turning off lights, televisions, and smartphones in the bedroom. They said people needed to *let* / *get* their sleeping environment as dark as *possibly* / *possible*. They added: "The advice is *simple* / *sample* and inexpensive: blackout curtains, warm-coloured bedside lighting, and *covering* / *uncovering* the small standby LEDs on household *electricity* / *electronics*."

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

Sl__p_ng w_th _ l_gh_t _n c__ld b_ b_d f_r y__.
R_s__rch_rs fr_m T_l_n_ _n_v_rs_ty _n th_ _S_ s_y
_ny k_nd _f l_gh_t _t b_dt_m_ c__ld b_ b_d f_r y__r
h__rt. _v_n _ v_ry d_m l_gh_t c__ld b_ h_rmf_l. Th_
r_s__rch_rs d_d t_sts _n 11,000 p__pl_ f_r _ w__k.
Th_ t_st p_rt_c_p_nts w_r_ s_ns_rs th_t m__s_r_d th_
_m__nt _f l_gh_t _n th__r b_dr__ms. P__pl_ wh_ d_d
n_t h_v_ h__rt d_s__s_ h_d _n MR_ sc_n thr__ y__rs
l_t_r. Th_ sc_ns sh_w_d th_r_ w_s _ l_nk b_tw__n
sl__p_ng w_th _ l_gh_t _n _nd ch_ng_s _n th_
str_ct_r_ _f th_ h__rt. _n_ ch_ng_ w_s th_ck_r h__rt
m_scl_s. _n_th_r ch_ng_ w_s th_t p__pl_'s h__rts w_r_
l_ss _bl_ t_ p_m_p bl__d, str_tch, _nd r_l_x d_r_ng
h__rtb__ts.

Th_ st_dy _s p_bl_sh_d _n th_ __r_p__n H__rt J__rn_l.
L__d r_s__rch_r Pr_f_ss_r L_ Q_ wr_t: "L_gh_t
p_ll_t__n h_s _m_rg_d _s _ n_w r_sk f_ct_r f_r
c_rd__v_sc_l_r d_s__s_." H_ _dd_d th_ f_nd_ngs fr_m
h_s st_dy s_gg_st th_t r_d_c_ng l_gh_t wh_l_ sl__p_ng
c__ld b_ " _n_ _f th_ p_t_nt__l str_t_g__s f_r
pr_v_nt_ng h__rt d_s__s_". Th_ r_s__rch_rs s_gg_st_d
t_rn_ng _ff l_gh_ts, t_l_v_s__ns, _nd sm_rtp_h_n_s _n
th_ b_dr__m. Th_y s__d p__pl_ n__d_d t_ g_t th__r
sl__p_ng _nv_r_nm_nt _s d_rk _s p_ss_bl_. Th_y
_dd_d: "Th_ _dv_c_ _s s_mpl_ _nd _n_xp_ns_v_:
bl_ck__t c_rt__ns, w_rm-c_l__r_d b_ds_d_ l_gh_t_ng, _nd
c_v_r_ng th_ sm_ll st_ndby L_Ds _n h__s_h_ld
_l_ctr_n_cs."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

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 11000 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 peoples 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 warmcoloured bedside lighting and covering the small standby leds on household electronics

PUT A SLASH (/) WHERE THE SPACES ARE

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

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 LED on household electronics."

FREE WRITING

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

Write about **sleep** for 10 minutes. Comment on your partner's paper.

[illegible]

ACADEMIC WRITING

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

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

[illegible]

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. SLEEP: Make a poster about sleep. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LIGHTS OFF: Write a magazine article about a law requiring us to turn all lights off at bedtime. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on sleep. Ask him/her three questions about it. Give him/her three of your opinions on sleeping with the lights on. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. d 3. g 4. e 5. a 6. f 7. b
8. k 9. m 10. n 11. j 12. i 13. h 14. l

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 T 5 T 6 T 7 T 8 F

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. They could also be harmful.
2. 11,000
3. MRI scans
4. Blood
5. Relax
6. The lead professor
7. Light pollution
8. As dark as possible
9. Blackout curtains
10. Household electronics

WORDS IN THE RIGHT ORDER (p.19)

1. Sleeping with a light on could be bad.
2. Even a very dim light could be harmful.
3. Sensors that measured the amount of light.
4. The scans showed there was a link.
5. People's hearts were less able to pump blood.
6. Light pollution has emerged as a new risk.
7. The potential strategies for preventing heart disease.
8. Researchers suggested turning off smartphones in the bedroom.
9. Get their sleeping environment as dark as possible.
10. Covering the small standby LEDs on household electronics.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)