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Level 6

Women do not get enough sleep

30th January, 2016

<http://www.breakingnewsenglish.com/1601/160130-sleep-deprivation.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

It will come as no surprise to know that a lack of sleep isn't good for us. A new report suggests sleep deprivation can result in long-term health issues and even death. It also says that women are more likely to experience difficulties sleeping than men. The report is based on a survey of 4,100 British adults and is called 'Reclaim Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association. Apnoea is the temporary cessation of breathing, especially during sleep. Almost half of the women surveyed (43 per cent) said they did not get enough sleep. This compared to 36 per cent of men who said they did not sleep well. Women were also more prone than men to waking up during the night.

Health experts have warned that feeling exhausted due to a lack of sleep could be a sign of a serious underlying medical condition. However, many women are unaware of the dangers, with only a quarter seeing a doctor about sleeplessness. Professor John Stradling of Oxford University said: "Often women think that feeling exhausted is just part of modern life when in fact it could be something more serious." He added that not treating sleep deficiency, "leaves women at risk of reduced quality of life and serious health conditions". In more severe cases, when left untreated, conditions like sleep apnoea can kill people because it can bring on heart attacks and strokes.

Sources: http://www.huffingtonpost.co.uk/2016/01/26/half-of-women-in-uk-sleep-deprived_n_9076030.html
<http://www.telegraph.co.uk/women/health/half-of-women-face-serious-health-problems-due-to-not-getting-en/>
<http://www.techtimes.com/articles/128095/20160127/half-of-women-at-risk-of-serious-health-conditions-because-they-do-not-sleep-enough.htm>

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?

surprise / sleep deprivation / difficulties sleeping / breathing / wake up during the night / exhausted / medical condition / unaware / serious / at risk / heart attacks / strokes

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

3. GETTING TO SLEEP: Can these things help us sleep? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Bad things	Why?
TV			
Counting sheep			
Exercise			
Studying English			
Drinks			
Music			

4. MEN & WOMEN: Students A **strongly** believe men have bigger problems sleeping; Students B **strongly** believe women have bigger problems. Change partners again and talk about your conversations.

5. LACK OF SLEEP: Rank these with your partner. Put the best things to help you sleep at the top. Change partners often and share your rankings.

- a good bed
- no light
- milk before bed
- exercise
- reading a book
- an early night
- food
- music

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

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

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

- | | |
|--|-------|
| a. The article says it is a surprise that a lack of sleep isn't good for us. | T / F |
| b. Researchers questioned 4,100 British people about sleep. | T / F |
| c. Over half of women in a survey said they did not sleep well. | T / F |
| d. Men woke up more during the night than women. | T / F |
| e. Feeling exhausted could signal a serious medical problem. | T / F |
| f. Over a third of women see a doctor about not sleeping enough. | T / F |
| g. A doctor said women thought a lack of sleep was a part of modern life. | T / F |
| h. A lack of sleep can kill people. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|----------------|
| 1. surprise | a. end |
| 2. issues | b. hidden |
| 3. temporary | c. problems |
| 4. cessation | d. specialists |
| 5. prone | e. shock |
| 6. experts | f. cause |
| 7. sign | g. acute |
| 8. underlying | h. liable |
| 9. severe | i. indication |
| 10. bring on | j. brief |

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

- | | |
|--------------------------------------|------------------------|
| 1. It will come as no | a. quality of life |
| 2. sleep | b. of breathing |
| 3. Apnoea is the temporary cessation | c. than men |
| 4. more prone | d. cases |
| 5. waking up | e. surprise |
| 6. a serious underlying | f. on heart attacks |
| 7. feeling exhausted is just | g. medical condition |
| 8. at risk of reduced | h. during the night |
| 9. In more severe | i. part of modern life |
| 10. it can bring | j. deprivation |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

It will come as no surprise to know that a (1) _____ of sleep isn't good for us. A new report suggests sleep deprivation can (2) _____ in long-term health (3) _____ and even death. It also says that women are more (4) _____ to experience difficulties sleeping than men. The report is (5) _____ on a survey of 4,100 British adults and is called 'Reclaim Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association. Apnoea is the temporary (6) _____ of breathing, especially during sleep. Almost half of the women surveyed (43 per cent) said they did not get (7) _____ sleep. This compared to 36 per cent of men who said they did not sleep well. Women were also more (8) _____ than men to waking up during the night.

result
likely
cessation
prone
lack
enough
issues
based

Health experts have warned that feeling exhausted (9) _____ to a lack of sleep could be a (10) _____ of a serious underlying medical condition. However, many women are (11) _____ of the dangers, with only a (12) _____ seeing a doctor about sleeplessness. Professor John Stradling of Oxford University said: "Often women think that feeling exhausted is just part of (13) _____ life when in fact it could be something more serious." He added that not treating sleep (14) _____, "leaves women at risk of reduced quality of life and serious health conditions". In more (15) _____ cases, when left untreated, conditions like sleep apnoea can kill people because it can bring on heart attacks and (16) _____.

unaware
modern
due
strokes
quarter
severe
sign
deficiency

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

- 1) It will come as no surprise to know that a lack of sleep isn't _____
 - a. well for us
 - b. goodly for us
 - c. good for us
 - d. goodness for us
- 2) A new report suggests sleep deprivation can result in long-_____
 - a. term healthy issues
 - b. time health issues
 - c. time health issue
 - d. term health issues
- 3) It also says that women are more likely to experience difficulties _____
 - a. sleeping than men
 - b. sleep in than men
 - c. sleep in then men
 - d. sleeping than men
- 4) Apnoea is the temporary cessation of breathing, especially _____
 - a. dour in sleep
 - b. during sleep
 - c. turning sleep
 - d. due in sleep
- 5) This compared to 36 per cent of men who said they did not sleep well. Women were also _____
 - a. more plane than men
 - b. more pronto than men
 - c. more plain than men
 - d. more prone than men
- 6) feeling exhausted due to a lack of sleep could be a sign of a serious _____
 - a. underlying medical condition
 - b. underlying medical conditions
 - c. underlying medical conditioned
 - d. underlying medical conditional
- 7) However, many women are unaware of the dangers, with only a quarter _____
 - a. seeing a doctoral
 - b. see in the doctor
 - c. seeing a doctor
 - d. see in a doctor
- 8) Often women think that feeling exhausted is just part _____
 - a. of modern life
 - b. of modernity life
 - c. of modernise life
 - d. of modernist life
- 9) not treating sleep deficiency, "leaves women at risk of reduced quality of life and _____
 - a. serious health conditions
 - b. seriously health conditions
 - c. series as health conditions
 - d. serious healthy conditions
- 10) conditions like sleep apnoea can kill people because it can bring on heart _____
 - a. attacks in stokes
 - b. attacks and stroke
 - c. attacks and stokes
 - d. attacks and strokes

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

It will come (1) _____ know that a lack of sleep isn't good for us. A new report suggests sleep (2) _____ result in long-term health issues and even death. It also says that women are more likely to experience difficulties sleeping than men. The report (3) _____ survey of 4,100 British adults and is called 'Reclaim Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association. Apnoea is the (4) _____ of breathing, especially during sleep. Almost half of the women surveyed (43 per cent) said they did not get enough sleep. (5) _____ 36 per cent of men who said they did not sleep well. Women were also more prone than men to waking (6) _____ night.

Health experts have warned that feeling exhausted (7) _____ sleep could be a sign of a serious underlying medical condition. However, many women (8) _____ dangers, (9) _____ seeing a doctor about sleeplessness. Professor John Stradling of Oxford University said: "Often women think that feeling exhausted is just part of modern life (10) _____ could be something more serious." He added that not treating sleep deficiency, "leaves women (11) _____ quality of life and serious health conditions". In more severe cases, when left untreated, conditions like sleep apnoea can kill people because (12) _____ attacks and strokes.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

1. What else can sleep deprivation cause besides long-term health issues?

2. How many people took part in the survey?

3. What is the name of the survey?

4. What percentage of men said they did not sleep well?

5. What are women more prone to doing at night than men?

6. What could feeling exhausted be a sign of?

7. How many women go to see a doctor about sleeplessness?

8. What do many women think feeling exhausted is a part of?

9. What does sleep deficiency leave women at risk of reducing?

10. What can sleep apnoea cause besides heart attacks?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

1. What else can sleep deprivation cause besides long-term health issues?
 - a) illiteracy
 - b) death
 - c) disease
 - d) poverty
2. How many people took part in the survey?
 - a) 40,100
 - b) 41,000
 - c) 4,101
 - d) 4,100
3. What is the name of the survey?
 - a) Reclaim Your Sleep
 - b) Relive Your Sleep
 - c) Relieve Your Sleep
 - d) Receive Your Sleep
4. What percentage of men said they did not sleep well?
 - a) half
 - b) 43
 - c) 36
 - d) quarter
5. What are women more prone to doing at night than men?
 - a) having nightmares
 - b) waking up
 - c) sleepwalking
 - d) talking in their sleep
6. What could feeling exhausted be a sign of?
 - a) over-exercising
 - b) the need for a diet
 - c) something serious
 - d) too much studying
7. How many women go to see a doctor about sleeplessness?
 - a) two-fifths
 - b) a third
 - c) a half
 - d) a quarter
8. What do many women think feeling exhausted is a part of?
 - a) modern life
 - b) their job
 - c) being a woman
 - d) thinking too much
9. What does sleep deficiency leave women at risk of reducing?
 - a) their quality of life
 - b) their weight
 - c) their life span
 - d) their friendships
10. What can sleep apnoea cause besides heart attacks?
 - a) absentmindedness
 - b) strokes
 - c) obesity
 - d) migraines

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

Role A – A good bed

You think a good bed is the best thing to fall asleep. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): milk before bed, reading a book or music.

Role B – Milk before bed

You think milk before bed is the best thing to fall asleep. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): a good bed, reading a book or music.

Role C – Reading a book

You think reading a book is the best thing to fall asleep. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): milk before bed, a good bed or music.

Role D – Music

You think music is the best thing to fall asleep. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): milk before bed, reading a book or a good bed.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'lack' and 'sleep'.

lack	sleep
-------------	--------------

- 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:

<ul style="list-style-type: none">• surprise• even• based• group• half• night	<ul style="list-style-type: none">• sign• dangers• quarter• part• risk• bring
--	--

SLEEP SURVEY

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.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 springs to mind when you hear the word 'sleep'?
- 3) How important is sleep to you?
- 4) What do you think about what you read?
- 5) How are you if you do not have enough sleep?
- 6) What do you know about sleep deprivation?
- 7) What is your sleeping pattern like?
- 8) Would you like a pill than can replace the need for sleep?
- 9) Could you sleep more if you wanted to?
- 10) What do you do when you cannot get to sleep?

Women do not get enough sleep – 30th January, 2016
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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) Why might women have more problems sleeping than men?
- 13) How much sleep do you need?
- 14) Do people not sleep because there are distractions like TV and mobile phones?
- 15) What medical problems can a lack of sleep cause?
- 16) What advice would you give to someone who cannot sleep?
- 17) How tiring is modern life?
- 18) What three adjectives best describe sleep, and why?
- 19) Will you change your sleeping habits after reading this article?
- 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 <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

It will come as (1) _____ surprise to know that a lack of sleep isn't good for us. A new report suggests sleep deprivation can result (2) _____ long-term health issues and even death. It also says that women are more (3) _____ to experience difficulties sleeping than men. The report is based (4) _____ a survey of 4,100 British adults and is called 'Reclaim Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association. Apnoea is the temporary cessation of breathing, especially (5) _____ sleep. Almost half of the women surveyed (43 per cent) said they did not get enough sleep. This compared to 36 per cent of men who said they did not sleep well. Women were also more (6) _____ than men to waking up during the night.

Health experts have warned that (7) _____ exhausted due to a lack of sleep could be a sign of a serious underlying medical condition. However, many women are unaware (8) _____ the dangers, with only a quarter (9) _____ a doctor about sleeplessness. Professor John Stradling of Oxford University said: "Often women think that feeling exhausted is just part of modern life when in (10) _____ it could be something more serious." He added that not treating sleep deficiency, "leaves women at risk of reduced quality of life and serious health conditions". In more (11) _____ cases, when left untreated, conditions like sleep apnoea can kill people because it can (12) _____ on heart attacks and strokes.

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

- | | | | | |
|-----|-------------|-------------|-------------|----------------|
| 1. | (a) none | (b) not | (c) no | (d) non |
| 2. | (a) in | (b) at | (c) by | (d) as |
| 3. | (a) likely | (b) likable | (c) liking | (d) likelihood |
| 4. | (a) on | (b) to | (c) of | (d) as |
| 5. | (a) while | (b) during | (c) among | (d) when |
| 6. | (a) preen | (b) plain | (c) plane | (d) prone |
| 7. | (a) felt | (b) feels | (c) feeling | (d) feel |
| 8. | (a) by | (b) on | (c) for | (d) of |
| 9. | (a) seeing | (b) seen | (c) saw | (d) see |
| 10. | (a) factual | (b) fact | (c) facts | (d) factor |
| 11. | (a) several | (b) severe | (c) sever | (d) severed |
| 12. | (a) carry | (b) take | (c) bring | (d) give |

SPELLING

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

Paragraph 1

1. sleep rpotvniedai
2. a eysrvu of 4,100 British adults
3. Apnoea is the eotmryapr cessation of breathing
4. Almost half of the women sreudyve
5. This eacrdmop to 36 per cent of men
6. Women were also more nroep than men

Paragraph 2

7. Health pxsrtee
8. feeling haesxdetu due to a lack of sleep
9. a serious ylengindru medical condition
10. treating sleep nicdefciye
11. at risk of reduced qyltiua of life
12. In more reesev cases

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

Number these lines in the correct order.

()	of a serious underlying medical condition. However, many women are unaware of the
()	to experience difficulties sleeping than men. The report is based on a survey of 4,100 British adults and is
(1)	It will come as no surprise to know that a lack of sleep isn't good for us. A new report suggests sleep deprivation can
()	called 'Reclaim Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association. Apnoea is the
()	at risk of reduced quality of life and serious health conditions". In more severe cases, when left
()	untreated, conditions like sleep apnoea can kill people because it can bring on heart attacks and strokes.
()	result in long-term health issues and even death. It also says that women are more likely
()	temporary cessation of breathing, especially during sleep. Almost half of the women
()	not sleep well. Women were also more prone than men to waking up during the night.
()	surveyed (43 per cent) said they did not get enough sleep. This compared to 36 per cent of men who said they did
()	Oxford University said: "Often women think that feeling exhausted is just part of modern
()	dangers, with only a quarter seeing a doctor about sleeplessness. Professor John Stradling of
()	Health experts have warned that feeling exhausted due to a lack of sleep could be a sign
()	life when in fact it could be something more serious." He added that not treating sleep deficiency, "leaves women

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

1. issues can long health deprivation in term Sleep result - .

2. on based adults of is British survey report 4,100 a The .

3. is Apnoea breathing of cessation temporary the .

4. who sleep said well they did Men not .

5. during the night More prone than men to waking up .

6. sleep a exhausted sign could lack due be of to Feeling a .

7. the However women of many unaware dangers , are .

8. think that feeling exhausted is part of modern life Women .

9. risk deficiency leaves Not women treating at sleep .

10. people kill can apnoea sleep like Conditions .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

It will come as no *surprise / surprising* to know that a lack *of / for* sleep isn't good for us. A new report suggests sleep deprivation can result *on / in* long-term health issues and even *dead / death*. It also says that women are more likely to experience difficulties sleeping than men. The report is *based / basted* on a survey of 4,100 British adults and is called 'Reclaim Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association. Apnoea is the *temporal / temporary* cessation of breathing, especially *while / during* sleep. Almost half of the women surveyed (43 per cent) said they did not get *enough / plenty* sleep. This compared to 36 per cent of men who said they did not sleep *good / well*. Women were also more *prose / prone* than men to waking up during the night.

Health experts have warned that *feeling / felt* exhausted due to a lack of sleep could be a *sign / signage* of a serious underlying medical condition. However, many women are unaware of the *dangerous / dangers*, with only a *quarter / quartile* seeing a doctor about sleeplessness. Professor John Stradling of Oxford University said: "Often women think that feeling exhausted is just part of *modernity / modern* life when in *fact / factual* it could be something more serious." He added that not *treating / treatment* sleep deficiency, "leaves women at risk of reduced quality of *live / life* and serious health conditions". In more severe cases, when left untreated, *conditions / conditioning* like sleep apnoea can kill people because it can bring *off / on* heart attacks and strokes.

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

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

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

_t_w__ll_c__m__s_n__s_rpr_s__t__kn_w_th_t__l_ck__f
sl__p__sn't_g__d_f_r__s__n_w_r_p_r_t_s_gg_sts_sl__p
d_pr_v_t__n_c_n_r_s_l_t__n_l_ng-t_rm_h__lth__ss__s__nd
_v_n_d__th__t__ls__s_ys_th_t_w_m_n__r__m_r__l_k_ly
t__xp_r__nc__d_ff_c_lt__s_sl__p_ng_th_n_m_n__Th__
r_p_r_t__s_b_s_d__n__s_rv_y__f_4,100_Br_t_sh__d_lts
_nd__s_c_ll_d_'R_cl__m_Y__r_Sl__p'.__t__s_fr_m__
Br_t_sh__gr__p__c_ll_d__th__Sl__p__pn____Tr_st
_ss_c__t__n__pn____s_th__t_mpr_ry_c_ss_t__n__f
br__th_ng,_sp_c__lly_d_r_ng_sl__p__lm_st_h_lf__f_th__
w_m_n_s_rv_y_d_(43_p_r_c_nt)_s__d_th_y_d_d_n_t_g_t
_n__gh_sl__p__Th_s_c_mpr_d_t__36_p_r_c_nt__f_m_n
wh_s__d_th_y_d_d_n_t_sl__p_w_ll__W_m_n_w_r__ls__
m_r__pr_n__th_n_m_n_t__w_k_ng__p_d_r_ng_th__n_gh_t.

H__lth__xp_rts_h_v__w_rn_d_th_t_f__l_ng__xh__st_d
d__t__l_ck__f_sl__p_c__ld_b__s_gn__f__s_r____s
_nd_rly_ng_m_d_c_l_c_nd_t__n__H_w_v_r,m_ny_w_m_n
_r__n_w_r__f_th__d_ng_rs,w_th__nly__q__rt_r
s____ng__d_ct_r__b__t_sl__pl_ssn_ss__Pr_f_ss_r_J_hn
Str_dlng__f__xf_rd__n_v_rs_ty_s__d:"_ft_n_w_m_n
th_nk_th_t_f__l_ng__xh__st_d__s_j_st_p_r_t__f_m_d_rn
l_f__wh_n__n_f_ct__t_c__ld_b__s_m_th_ng_m_r__
s_r____s."__H__dd_d_th_t_n_t_tr__t_ng_sl__p
d_f_c__ncy,"l__v_s_w_m_n__tr_sk__f_r_d_c_d_q__l_ty
_f_l_f__nd_s_r____s_h__lth_c_nd_t__ns".__n_m_r__
s_v_r__c_s_s,w_h_n_l_ft__ntr__t_d,c_nd_t__ns_l_k__
sl__p__pn____c_n_k_ll_p__pl__b_c__s__t_c_n_br_ng__n
h__rt__tt_cks__nd_str_k_s.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

it will come as no surprise to know that a lack of sleep isn't good for us a new report suggests sleep deprivation can result in long-term health issues and even death it also says that women are more likely to experience difficulties sleeping than men the report is based on a survey of 4100 british adults and is called 'reclaim your sleep' it is from a british group called the sleep apnoea trust association apnoea is the temporary cessation of breathing especially during sleep almost half of the women surveyed (43 per cent) said they did not get enough sleep this compared to 36 per cent of men who said they did not sleep well women were also more prone than men to waking up during the night

health experts have warned that feeling exhausted due to a lack of sleep could be a sign of a serious underlying medical condition however many women are unaware of the dangers with only a quarter seeing a doctor about sleeplessness professor john stradling of oxford university said "often women think that feeling exhausted is just part of modern life when in fact it could be something more serious" he added that not treating sleep deficiency "leaves women at risk of reduced quality of life and serious health conditions" in more severe cases when left untreated conditions like sleep apnoea can kill people because it can bring on heart attacks and strokes

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1601/160130-sleep-deprivation.html>

It will come as no surprise to know that a lack of sleep isn't good for us. A new report suggests sleep deprivation can result in long-term health issues and even death. It also says that women are more likely to experience difficulties sleeping than men. The report is based on a survey of 4,100 British adults and is called 'Reclaim Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association. Apnoea is the temporary cessation of breathing, especially during sleep. Almost half of the women surveyed (43 percent) said they did not get enough sleep. This compared to 36 percent of men who said they did not sleep well. Women were also more prone than men to waking up during the night. Health experts have warned that feeling exhausted due to a lack of sleep could be a sign of a serious underlying medical condition. However, many women are unaware of the dangers, with only a quarter seeing a doctor about sleeplessness. Professor John Stradling of Oxford University said: "Often women think that feeling exhausted is just part of modern life when in fact it could be something more serious." He added that not treating sleep deficiency, "leaves women at risk of reduced quality of life and serious health conditions". In more severe cases, when left untreated, conditions like sleep apnoea can kill people because it can bring on heart attacks and strokes.

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 problems caused by a lack of sleep. Share what you discover with your partner(s) in the next lesson.

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

4. SLEEP AND GENDER: Write a magazine article about why women have more sleeping problems than men. Include imaginary interviews with a man who thinks men have more problems, and with a woman who thinks women have more problems.

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 sleep deprivation. Give him/her three ideas on how people can get more sleep and a better quality sleep. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c F d F e T f F g T h T

SYNONYM MATCH (p.4)

- | | |
|---------------|----------------|
| 1. surprise | a. shock |
| 2. issues | b. problems |
| 3. temporary | c. brief |
| 4. cessation | d. end |
| 5. prone | e. liable |
| 6. experts | f. specialists |
| 7. sign | g. indication |
| 8. underlying | h. hidden |
| 9. severe | i. acute |
| 10. bring on | j. cause |

COMPREHENSION QUESTIONS (p.8)

1. Death
2. 4,100
3. Reclaim Your Sleep
4. 36%
5. Waking up
6. Something serious
7. A quarter
8. Modern life
9. Their quality of life
10. Strokes

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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