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Level 4

Mothers get less sleep than fathers

1st March, 2017

<http://www.breakingnewsenglish.com/1703/170301-sleep-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1703/170301-sleep-4.html>

Mothers will not be surprised by a study that says that they get less sleep than fathers. Researchers looked at data on the sleeping habits of 5,800 men and women. They wanted to find out what affects their sleep. They found that having children in the house leads to less sleep for mothers. This negatively affects her daytime energy levels. The study found that fathers' sleep was mostly unaffected by having kids in the house.

Children are the biggest cause of mothers not sleeping. Dr Kelly Sullivan said each child increased a woman's risk of not sleeping by 46%. Just half of mothers under 45 with kids at home said they got seven hours of sleep a night. This figure was 62% for mothers with no kids at home. A lack of sleep is harmful. It increases the risk of diabetes, obesity, heart disease, and depression. Dr Sullivan said we needed to help mothers get the rest they need.

Sources: <http://www.livescience.com/58026-moms-get-less-sleep.html>
<http://www.medicalnewstoday.com/articles/316076.php>
<http://www.foxnews.com/health/2017/02/27/living-with-children-really-can-affect-your-sleep-if-youre-woman.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1703/170301-sleep-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|--------------------------|
| 1. Mothers will not be surprised | a. data |
| 2. they get less sleep | b. in the house |
| 3. Researchers looked at | c. affects their sleep |
| 4. the sleeping habits | d. than fathers |
| 5. find out what | e. daytime energy levels |
| 6. This negatively affects her | f. of 5,800 men |
| 7. fathers' sleep was mostly | g. by a study |
| 8. having kids | h. unaffected |

PARAGRAPH TWO:

- | | |
|-----------------------------|-------------------------|
| 1. Children are the biggest | a. is harmful |
| 2. increased a woman's | b. help mothers |
| 3. Just half of | c. risk of not sleeping |
| 4. This figure was 62% | d. they need |
| 5. A lack of sleep | e. of diabetes |
| 6. It increases the risk | f. mothers under 45 |
| 7. we needed to | g. cause |
| 8. get the rest | h. for mothers |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1703/170301-sleep-4.html>

Mothers will not be surprised (1) _____ says that they get less sleep than fathers. Researchers (2) _____ the sleeping habits of 5,800 men and women. They wanted (3) _____ affects their sleep. They found that having (4) _____ house leads to less sleep for mothers. This (5) _____ her daytime energy levels. The study found that fathers' sleep was (6) _____ having kids in the house.

Children are the (7) _____ mothers not sleeping. Dr Kelly Sullivan said each child increased a woman's (8) _____ sleeping by 46%. Just half of mothers under 45 with kids at home said they got (9) _____ sleep a night. This figure was 62% for mothers with no kids at home. A (10) _____ harmful. It increases the risk of diabetes, obesity, (11) _____ depression. Dr Sullivan said we needed to help mothers (12) _____ need.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1703/170301-sleep-4.html>

Mothers will not be surprised by a study that says that they get less sleep than fathers. Researchers looked at data on the sleeping habits of 5,800 men and women. They wanted to find out what affects their sleep. They found that having children in the house leads to less sleep for mothers. This negatively affects their daytime energy levels. The study found that fathers' sleep was mostly unaffected by having kids in the house. Children are the biggest cause of mothers not sleeping. Dr Kelly Sullivan said each child increased a woman's risk of not sleeping by 46%. Just half of mothers under 45 with kids at home said they got seven hours of sleep a night. This figure was 62% for mothers with no kids at home. A lack of sleep is harmful. It increases the risk of diabetes, obesity, heart disease, and depression. Dr Sullivan said we needed to help mothers get the rest they need.

SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1703/170301-sleep-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) _____

