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Level 4

Binge-watching television causes sleep problems

20th August, 2017

<http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-4.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

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THE READING

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-4.html>

Binge-watching television can harm your health. Binge-viewing is watching TV shows non-stop in a single sitting. It has become popular globally because of streaming and downloading. Researchers surveyed 423 young people on their TV-viewing habits. They found that binge-viewing greatly interrupted sleep patterns. A professor said: "Binge-viewing is prevalent in young adults and that it may be harmful to their sleep."

The researchers asked people about sleep quality, fatigue and insomnia. They also asked how often they binge-watched television. Over 80 per cent of the people said they binge-watch. Binge-watchers are 98 per cent more likely to sleep poorly. "Bingeable" TV shows have stories that keep the viewer glued to the screen. Viewers become "intensely involved with the content and may keep thinking about it when they want to go to sleep".

Sources: <http://www.news.com.au/national/breaking-news/checkup-medical-column-for-aug-18/news-story/9f016d4baf2e8f46c9b27b0eff5648a7>
<http://denver.cbslocal.com/2017/08/15/binge-watching-tv-shows-sleep-insomnia-study/>
<http://www.medicaldaily.com/binge-watching-turning-you-zombie-irl-421340>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|---------------------|
| 1. watching TV shows non-stop in | a. and downloading |
| 2. It has become popular | b. sleep patterns |
| 3. because of streaming | c. 423 young people |
| 4. Researchers surveyed | d. to their sleep |
| 5. TV-viewing | e. a single sitting |
| 6. greatly interrupted | f. in young adults |
| 7. Binge-viewing is prevalent | g. globally |
| 8. it may be harmful | h. habits |

PARAGRAPH TWO:

- | | |
|-----------------------------------|-----------------------|
| 1. asked people about sleep | a. poorly |
| 2. fatigue and | b. quality |
| 3. they binge- | c. about it |
| 4. 80 per cent of the people said | d. insomnia |
| 5. more likely to sleep | e. to go to sleep |
| 6. keep the viewer glued | f. watched television |
| 7. keep thinking | g. to the screen |
| 8. when they want | h. they binge-watch |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-4.html>

Binge-watching television can (1) _____. Binge-viewing is watching TV shows non-(2) _____ sitting. It has become (3) _____ because of streaming and downloading. Researchers surveyed 423 young (4) _____ TV-viewing habits. They found that binge-viewing (5) _____ sleep patterns. A professor said: "Binge-viewing is prevalent in young adults and that it may (6) _____ sleep."

The researchers asked (7) _____ sleep quality, fatigue and insomnia. They also asked (8) _____ binge-watched television. Over 80 per cent of the people said they binge-watch. Binge-watchers are 98 per cent (9) _____ sleep poorly. "Bingeable" TV shows have stories that keep (10) _____ to the screen. Viewers become "(11) _____ with the content and may keep thinking (12) _____ they want to go to sleep".

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-4.html>

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WATCHING TV SURVEY

From <http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv-4.html>

Write five GOOD questions about watching TV 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) _____

