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Level 4

"Catastrophic" sleep is killing people, say scientists

27th September, 2017

<http://www.breakingnewsenglish.com/1709/170927-catastrophic-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/1709/170927-catastrophic-sleep-4.html>

Research shows that we are not sleeping enough and that is affecting our health. A sleep warned that a "catastrophic sleep-misfortune plague" is making us ill. He said a lack of sleep puts us at risk from deadly diseases. The expert said if we don't sleep eight hours a night, we will die earlier. He added that not sleeping enough affects every single part of our health and every part of our body.

The expert warned that a lack of sleep causes diseases like cancer, heart disease, obesity and diabetes. We do not understand the "catastrophic" consequences of not getting eight hours a night. He explained why we are sleeping less. He said we "electrified the night" and this hurts our sleep. He also blamed longer working hours, a desire to be with friends, mobile phones, alcohol and caffeine. He also blamed anxiety, loneliness and depression.

Sources: <https://www.theguardian.com/lifeandstyle/2017/sep/24/why-lack-of-sleep-health-worst-enemy-matthew-walker-why-we-sleep>
<http://weekfacts.com/2017/09/lack-catastrophic-sleep-modern-society-kills-us-expert-says/>
<https://www.news-medical.net/news/20170924/Lack-of-sleep-could-be-blamed-for-many-major-diseases-says-sleep-scientist-Matt-Walker.aspx>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-4.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|------------------------|
| 1. Research shows that we are | a. part of our health |
| 2. a "catastrophic sleep-misfortune | b. not sleeping enough |
| 3. making us | c. enough |
| 4. puts us at | d. ill |
| 5. deadly | e. of our body |
| 6. not sleeping | f. risk |
| 7. every single | g. diseases |
| 8. every part | h. plague |

PARAGRAPH TWO:

- | | |
|--|-------------------|
| 1. a lack of sleep causes diseases | a. with friends |
| 2. heart | b. a night |
| 3. We do not understand the catastrophic | c. and depression |
| 4. getting eight hours | d. consequences |
| 5. He also blamed longer | e. anxiety |
| 6. a desire to be | f. like cancer |
| 7. He also blamed | g. working hours |
| 8. loneliness | h. disease |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-4.html>

Research shows that we are (1) _____ and that is affecting our health. A sleep warned (2) _____ sleep-misfortune plague" is making us ill. He said a (3) _____ puts us at risk from (4) _____. The expert said if we don't sleep eight hours a night, we (5) _____. He added that not sleeping enough affects every (6) _____ our health and every part of our body.

The expert warned that a lack of sleep (7) _____ cancer, heart disease, (8) _____. We do not understand the "catastrophic" consequences of not getting eight (9) _____. He explained why we are sleeping less. He said we "(10) _____" and this hurts our sleep. He also blamed longer working hours, (11) _____ with friends, mobile phones, alcohol and caffeine. He also (12) _____, loneliness and depression.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep-4.html>

Research shows that we are not sleeping enough and that is affecting our health. A sleep expert warned that a "catastrophic sleep-misfortune plague" is making us ill. He said a lack of sleep puts us at risk from deadly diseases. The experts said if we don't sleep eight hours a night, we will die earlier. He added that not sleeping enough affects every single part of our health and every part of our body. The expert warned that a lack of sleep causes diseases like cancer, heart disease, obesity and diabetes. We do not understand the "catastrophic" consequences of not getting eight hours a night. He explained why we are sleeping less. He said we "electrified the night" and this hurts our sleep. He also blamed longer working hours, a desire to be with friends, mobile phones, alcohol and caffeine. He also blamed anxiety, loneliness and depression.

SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1709/170927-catastrophic-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) _____

