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Level 2

Writing a to-do list may help you sleep faster

16th January, 2018

<https://breakingnewsenglish.com/1801/180116-to-do-list-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1801/180116-to-do-list-2.html>

Scientists have an idea to help us get to sleep faster. All you need is a pen and paper. The scientists looked at how we can fall asleep more quickly. Writing a to-do list helps people get to sleep faster. The researchers said to-do lists help us to relax because we don't need to worry about things we have to do. If we write down the things we have to do, we can forget about them. This makes us calmer. A researcher said: "We live in a 24/7 culture in which our to-do lists seem to be constantly growing and causing us to worry about unfinished tasks at bedtime."

The researchers looked at the sleeping patterns of 57 university students aged between 18 and 30. Half of them wrote down a to-do list five minutes before they slept. They had to sleep by 10:30pm and could not use technology. The participants who wrote to-do lists fell asleep an average of 9 minutes faster than those who didn't. They also found that the students who wrote detailed lists fell asleep faster than students who wrote simple lists. The National Sleep Foundation said that around 40 per cent of adults have difficulty falling asleep a few times each month.

Sources: <https://www.aol.com/article/lifestyle/2018/01/13/writing-a-to-do-list-may-help-you-sleep-faster-study-says/23332682/>
<https://psychcentral.com/news/2018/01/13/writing-a-to-do-list-may-help-you-fall-asleep/131170.html>
<https://www.livescience.com/61422-journal-writing-sleep-better.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1801/180116-to-do-list-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|-----------------------|
| 1. All you need is a | a. a 24/7 culture |
| 2. how we can fall asleep | b. pen and paper |
| 3. we don't need to worry | c. tasks |
| 4. write down the things we | d. about things |
| 5. This makes | e. constantly growing |
| 6. We live in | f. have to do |
| 7. our to-do lists seem to be | g. more quickly |
| 8. worry about unfinished | h. us calmer |

PARAGRAPH TWO:

- | | |
|---|----------------------|
| 1. sleeping | a. lists |
| 2. wrote down a to-do list five minutes | b. falling asleep |
| 3. They had to sleep | c. each month |
| 4. fell asleep an average of | d. by 10:30pm |
| 5. detailed | e. patterns |
| 6. students who wrote | f. before they slept |
| 7. adults have difficulty | g. 9 minutes faster |
| 8. a few times | h. simple lists |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1801/180116-to-do-list-2.html>

Scientists have an idea (1) _____ get to sleep faster. All you (2) _____ pen and paper. The scientists looked at how we can fall (3) _____. Writing a to-do list helps people get to sleep faster. The researchers said to-do lists help us to relax because we don't need to worry about things we (4) _____. If we write down the things we have to do, we can forget about them. This makes us calmer. A researcher said: "We live (5) _____ culture in which our to-do lists seem to be constantly growing and causing us to worry about (6) _____ bedtime."

The researchers looked at (7) _____ of 57 university students aged between 18 and 30. Half of them wrote down a to-do list five minutes (8) _____. They had to sleep by 10:30pm and (9) _____ technology. The participants who wrote to-do lists fell asleep an average of 9 minutes faster than those who didn't. They (10) _____ the students who wrote detailed lists fell asleep faster than students who (11) _____. The National Sleep Foundation said that around 40 per cent of adults (12) _____ asleep a few times each month.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1801/180116-to-do-list-2.html>

Scientists have an idea to help us get to sleep faster. All you need is a pen and a paper. The scientists looked at how we can fall asleep more quickly. Writing a to-do list helps people get to sleep faster. The researchers said to-do lists help us to relax because we don't need to worry about things we have to do. If we write down the things we have to do, we can forget about them. This makes us calmer. A researcher said: "We live in a 24/7 culture in which our to-do lists seem to be constantly growing and causing us to worry about unfinished tasks at bedtime." The researchers looked at the sleeping patterns of 57 university students aged between 18 and 30. Half of them wrote down a to-do list five minutes before they slept. They had to sleep by 10:30 pm and could not use technology. The participants who wrote to-do lists fell asleep an average of 9 minutes faster than those who didn't. They also found that the students who wrote detailed lists fell asleep faster than students who wrote simple lists. The National Sleep Foundation said that around 40 percent of adults have difficulty falling asleep a few times each month.

TO-DO LISTS SURVEY

From <https://breakingnewsenglish.com/1801/180116-to-do-list-4.html>

Write five GOOD questions about To-do lists 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) _____

