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Level 3

Writing a to-do list may help you sleep faster

16th January, 2018

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Scientists have an idea that could help us get to sleep faster. All you need is a pen and paper. The scientists are from Baylor University in Texas, USA. They did research into how we can fall asleep more quickly. They found that writing a to-do list helps people get to sleep faster. Doctor Michael K. Scullin was the lead researcher of the study. He said to-do lists make us relax because we don't need to worry about the things we have to do. He said that if we write down the things we need to do, we can forget about them, so we become calmer. He added: "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 male and female university students aged between 18 and 30. Half of them had to write down a to-do list five minutes before they slept. They had to turn the lights out by 10:30pm and could not have access to technology. The researchers found that 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 really detailed lists fell asleep faster than students who wrote simple, general lists. The USA's National Sleep Foundation said that around 40 per cent of American adults have difficulty falling asleep at least 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>

WARM-UPS

1. TO-DO LISTS: Students walk around the class and talk to other students about to-do lists. 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?

scientists / sleep / pen / paper / writing / a to-do list / researcher / study / culture / sleeping patterns / university / five minutes / technology / average / 9 minutes / few

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

3. WRITING: Students A **strongly** believe it is better to write a to-do list than type one; Students B **strongly** believe typing a to-do list is better. Change partners again and talk about your conversations.

4. LISTS: How useful are these lists? Complete this table with your partner(s). Change partners often and share what you wrote.

| | Good things | Bad things |
|------------------|-------------|------------|
| To-do lists | | |
| Bucket lists | | |
| Best-of lists | | |
| Shopping lists | | |
| Vocabulary lists | | |
| Wish lists | | |

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

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

- write a to-do list
- count sheep
- drink hot milk
- study English
- listen to music
- read a book
- take a hot bath
- totally dark room

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. scientists | a. Showing more feelings of being relaxed and not getting angry. |
| 2. idea | b. The studying of materials and sources to find out facts and make new conclusions. |
| 3. research | c. A thought or plan for possible future action. |
| 4. lead | d. Small jobs and things you have to do. |
| 5. calmer | e. A person who is studying or knows a lot about physics, biology, chemistry, etc. |
| 6. constantly | f. Top; most important. |
| 7. tasks | g. Happening all the time over a period of time. |

Paragraph 2

- | | |
|------------------|---|
| 8. patterns | h. The right to do something or go somewhere. |
| 9. male | i. Normal or typical. |
| 10. female | j. People who take part in or join in with something. |
| 11. access | k. Men or boys. |
| 12. participants | l. Having or showing many facts. |
| 13. average | m. Regular actions or situations that happen again and again. |
| 14. detailed | n. Women or girls. |

BEFORE READING / LISTENING

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

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

- a. Scientists say a pen and paper could help you sleep more quickly. **T / F**
- b. The scientists say writing a to-do list can help you relax. **T / F**
- c. The researchers say we will soon be living in a 24/7 culture. **T / F**
- d. The researchers say we worry in bed about things we haven't done. **T / F**
- e. There were 570 participants in the sleeping research. **T / F**
- f. Half of the participants could use their mobile phone in bed. **T / F**
- g. People who wrote a to-do list fell asleep around 9 minutes quicker. **T / F**
- h. Over half of Americans have problems sleeping a few times a month. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. idea | a. use of |
| 2. found | b. get stressed |
| 3. relax | c. easy |
| 4. worry | d. theory |
| 5. constantly | e. complete |
| 6. half | f. problems |
| 7. access of | g. discovered |
| 8. detailed | h. always |
| 9. simple | i. 50 per cent |
| 10. difficulty | j. unwind |

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

- | | |
|--|-------------------------|
| 1. Scientists have an idea that could | a. detailed lists |
| 2. He said to-do lists make us | b. tasks |
| 3. We live in a 24/7 | c. patterns |
| 4. our to-do lists seem to be constantly | d. 9 minutes faster |
| 5. worry about unfinished | e. help us get to sleep |
| 6. sleeping | f. each month |
| 7. They had to turn the lights out | g. growing |
| 8. an average of | h. relax |
| 9. students who wrote really | i. culture |
| 10. at least a few times | j. by 10:30pm |

GAP FILL

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

Scientists have an (1) _____ that could help us get to sleep faster. All you need is a pen and paper. The scientists are from Baylor University in Texas, USA. They did (2) _____ into how we can fall asleep more quickly. They found that writing a to-do list helps people get to sleep (3) _____. Doctor Michael K. Scullin was the lead researcher of the (4) _____. He said to-do lists make us relax because we don't need to worry about the (5) _____ we have to do. He said that if we write down the things we need to do, we can forget about (6) _____, so we become calmer. He added: "We live in a 24/7 culture in which our to-do lists (7) _____ to be constantly growing and causing us to worry about unfinished tasks at (8) _____."

research
them
study
bedtime
idea
seem
faster
things

The researchers looked at the sleeping (9) _____ of 57 male and female university students aged between 18 and 30. Half of them had to write down a to-do list five minutes (10) _____ they slept. They had to turn the (11) _____ out by 10:30pm and could not have (12) _____ to technology. The researchers found that the participants who wrote to-do lists fell asleep an (13) _____ of 9 minutes faster than those who didn't. They also found that the students who wrote really (14) _____ lists fell asleep faster than students who wrote simple, general lists. The USA's National Sleep Foundation said that (15) _____ 40 per cent of American adults have difficulty falling asleep at least a few times (16) _____ month.

before
around
lights
average
each
patterns
detailed
access

LISTENING – Guess the answers. Listen to check.

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

- 1) Scientists have an idea that could help us get _____
 - a. to sleep fasts
 - b. to sleepy faster
 - c. too sleepy fastest
 - d. to sleep faster
- 2) They did research into how we can fall asleep _____
 - a. more quick
 - b. more quicker
 - c. more quickly
 - d. more quickest
- 3) to-do lists make us relax because we don't need to worry about the things we _____
 - a. have to done
 - b. have to does
 - c. have to doing
 - d. have to do
- 4) write down the things we need to do, we can forget about them, so we _____
 - a. became calmer
 - b. become calmest
 - c. become calmer
 - d. became calmest
- 5) constantly growing and causing us to worry about unfinished _____
 - a. tasks at bedtime
 - b. tusks at bedtime
 - c. tucks at bedtime
 - d. ticks at bedtime
- 6) the sleeping patterns of 57 male and female university students _____ 18 and 30
 - a. aging between
 - b. raged between
 - c. gauged between
 - d. aged between
- 7) Half of them had to write down a to-do list five minutes _____
 - a. before they slept
 - b. before there slept
 - c. before them slept
 - d. before these slept
- 8) They had to turn the lights out by 10:30pm and could not _____ technology
 - a. have excess to
 - b. have access to
 - c. have accepts to
 - d. have recess to
- 9) really detailed lists fell asleep faster than students who wrote simple, _____
 - a. generals lists
 - b. general all lists
 - c. generally lists
 - d. general lists
- 10) around 40% of American adults have difficulty falling asleep at least _____ each month
 - a. a flu times
 - b. a flue times
 - c. a few times
 - d. a phew times

LISTENING – Listen and fill in the gaps

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

Scientists have (1) _____ could help us get to sleep faster. All you need is a (2) _____. The scientists are from Baylor University in Texas, USA. They did research into how we can fall asleep more quickly. They found that writing a to-do list (3) _____ to sleep faster. Doctor Michael K. Scullin was the lead researcher of the study. He said to-do lists (4) _____ because we don't need to worry about the things we have to do. He said that if we write down the things we need to do, we can (5) _____, so we become calmer. He added: "We live in a 24/7 culture in which our to-do lists seem to be constantly growing and causing (6) _____ about unfinished tasks at bedtime."

The researchers looked at (7) _____ of 57 male and female university students aged between 18 and 30. Half of them had to write down a to-do list five minutes (8) _____. They had to turn the lights out by 10:30pm and could (9) _____ to technology. The researchers found that the participants who wrote to-do lists fell asleep (10) _____ 9 minutes faster than those who didn't. They also found that the students (11) _____ detailed lists fell asleep faster than students who wrote simple, general lists. The USA's National Sleep Foundation said that around 40 per cent of American adults have difficulty falling asleep at least (12) _____ each month.

COMPREHENSION QUESTIONS

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

1. What two things did scientists say you needed to fall sleep quickly?
2. Which state in the USA did the research come from?
3. What does writing to-do lists help us do?
4. What kind of culture did a researcher say we live in?
5. What did a researcher say we worry about at bedtime?
6. How many people took part in the research?
7. What time did the test participants have to sleep by?
8. On average, how much faster did those who wrote to-do lists fall asleep?
9. What kind of lists helped people sleep even faster?
10. How many US adults have difficulty falling asleep a few times a month?

MULTIPLE CHOICE - QUIZ

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

- 1) What two things did scientists say you needed to fall sleep quickly?
 - a) a clock and a book
 - b) pen and paper
 - c) curtains and a warm blanket
 - d) ear plugs and eye mask
- 2) Which state in the USA did the research come from?
 - a) New York
 - b) Arizona
 - c) South Dakota
 - d) Texas
- 3) What does writing to-do lists help us do?
 - a) relax
 - b) do more
 - c) think
 - d) improve our handwriting
- 4) What kind of culture did a researcher say we live in?
 - a) a 7/11 culture
 - b) a nine-to-five culture
 - c) a 24/7 culture
 - d) a rich culture
- 5) What did a researcher say we worry about at bedtime?
 - a) not waking up on time
 - b) unfinished task
 - c) monsters
 - d) money
- 6) How many people took part in the research?
 - a) 57
 - b) 75
 - c) 570
 - d) 750
- 7) What time did the test participants have to sleep by?
 - a) 11:30pm
 - b) 9:30pm
 - c) 10:30pm
 - d) 12:30am
- 8) On average, how much faster did those who wrote to-do lists fall asleep?
 - a) 9 minutes
 - b) 8 minutes
 - c) 10 minutes
 - d) an hour
- 9) What kind of lists helped people sleep even faster?
 - a) detailed lists
 - b) shopping lists
 - c) bucket lists
 - d) wish lists
- 10) How many US adults have difficulty falling asleep a few times a month?
 - a) exactly 40%
 - b) just over 40%
 - c) just less than 40%
 - d) about 40%

ROLE PLAY

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

Role A – Writing a To-Do List

You think writing a to-do list is the best way to fall asleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least useful of these (and why): counting sheep, studying English or taking a hot bath.

Role B – Counting Sheep

You think counting sheep is the best way to fall asleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least useful of these (and why): writing a to-do list, studying English or taking a hot bath.

Role C – Studying English

You think studying English is the best way to fall asleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least useful of these (and why): counting sheep, writing a to-do list or taking a hot bath.

Role D – Taking a Hot Bath

You think taking a hot bath is the best way to fall asleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least useful of these (and why): counting sheep, studying English or writing a to-do list.

AFTER READING / LISTENING

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

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

| | |
|-------------|--------------|
| list | 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">• idea• helps• relax• forget• 24• tasks | <ul style="list-style-type: none">• patterns• 30• lights• 9• really• difficulty |
|--|--|

TO-DO LISTS SURVEY

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

TO-DO LISTS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. Do you have difficulty getting to sleep?
4. What kinds of lists do you write?
5. Is it better to write lists on paper or on a smartphone?
6. What do you do to help you sleep?
7. How useful are to-do lists?
8. Are you good at doing the things you need to do?
9. What do you think of living in a 24/7 culture?
10. Do you get stressed about having too many things to do?

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TO-DO LISTS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'list'?
13. What do you think about what you read?
14. What things are currently on your to-do list?
15. What is your sleeping pattern like?
16. What kinds of things keep you awake at night?
17. Would your life be different if you fell asleep 9 minutes earlier?
18. What things are on your bucket list?
19. What things are usually on your shopping list?
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 <https://breakingnewsenglish.com/1801/180116-to-do-list.html>

Scientists have an idea that could help us get to sleep faster. All you (1) _____ is a pen and paper. The scientists are from Baylor University in Texas, USA. They did research (2) _____ how we can fall asleep more quickly. They found that writing a to-do list helps people get to sleep faster. Doctor Michael K. Scullin was the (3) _____ researcher of the study. He said to-do lists make us relax because we don't need to worry (4) _____ the things we have to do. He said that if we write down the things we need to do, we can forget about them, so we become calmer. He added: "We live in a 24/7 (5) _____ in which our to-do lists seem to be constantly growing and causing us to worry about unfinished (6) _____ at bedtime."

The researchers looked at the sleeping (7) _____ of 57 male and female university students aged between 18 and 30. Half of them had to write down a to-do list five minutes before they slept. They had to turn the lights (8) _____ by 10:30pm and could not have access to technology. The researchers found that the participants who wrote to-do lists fell asleep an (9) _____ of 9 minutes faster than those who didn't. They also found that the students who wrote (10) _____ detailed lists fell asleep faster than students who wrote simple, (11) _____ lists. The USA's National Sleep Foundation said that around 40 per cent of American adults have difficulty falling asleep at least a (12) _____ times each month.

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

- | | | | | |
|-----|----------------|---------------|----------------|-----------------|
| 1. | (a) need | (b) needy | (c) needing | (d) needless |
| 2. | (a) to | (b) in | (c) into | (d) of |
| 3. | (a) iron | (b) lead | (c) led | (d) follow |
| 4. | (a) on | (b) by | (c) of | (d) about |
| 5. | (a) couture | (b) cult | (c) culture | (d) cultivate |
| 6. | (a) tusks | (b) tasks | (c) takes | (d) tastes |
| 7. | (a) motifs | (b) patterns | (c) designs | (d) decorations |
| 8. | (a) in | (b) out | (c) over | (d) up |
| 9. | (a) amateurish | (b) ordinary | (c) average | (d) overall |
| 10. | (a) reality | (b) real | (c) realize | (d) really |
| 11. | (a) generate | (b) generally | (c) generalize | (d) general |
| 12. | (a) many | (b) numerous | (c) several | (d) few |

SPELLING

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

Paragraph 1

1. The sientsitsc are from Baylor University
2. the lead hrrrcseae of the study
3. we become relacm
4. We live in a 24/7 tueurlc
5. canlotsnyt growing
6. unfinished stksa at bedtime

Paragraph 2

7. sleeping prntates
8. unsiitvrye students
9. have seacsc to technology
10. the tppacrtsniai who wrote to-do lists
11. an aareegy of 9 minutes
12. simple, elngare lists

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () lead researcher of the study. He said to-do lists make us relax because we don't need to worry about the
- () about them, so we become calmer. He added: "We live in a 24/7 culture in which our to-do lists seem to be constantly
- () quickly. They found that writing a to-do list helps people get to sleep faster. Doctor Michael K. Scullin was the
- () of American adults have difficulty falling asleep at least a few times each month.
- () things we have to do. He said that if we write down the things we need to do, we can forget
- () from Baylor University in Texas, USA. They did research into how we can fall asleep more
- () out by 10:30pm and could not have access to technology. The researchers found that the participants who wrote
- (**1**) Scientists have an idea that could help us get to sleep faster. All you need is a pen and paper. The scientists are
- () 18 and 30. Half of them had to write down a to-do list five minutes before they slept. They had to turn the lights
- () to-do lists fell asleep an average of 9 minutes faster than those who didn't. They also found
- () growing and causing us to worry about unfinished tasks at bedtime."
- () The researchers looked at the sleeping patterns of 57 male and female university students aged between
- () that the students who wrote really detailed lists fell asleep faster than students
- () who wrote simple, general lists. The USA's National Sleep Foundation said that around 40 per cent

PUT THE WORDS IN THE RIGHT ORDER

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

1. an idea have help could that Scientists us .
2. fall into quickly . can we Research asleep how
3. about to worry things . We don't need the
4. Our lists constantly growing . be seem to-do to
5. about us tasks . to Causing unfinished worry
6. The the at sleeping patterns . looked researchers
7. had 10:30pm . lights by turn They to the out
8. 9 minutes an of average asleep Fell faster .
9. fell wrote detailed faster . lists who Students asleep
10. difficulty of 40% Around have falling adults asleep .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Scientists have an idea *what / that* could help us get to sleep faster. All you *need / needed* is a pen and paper. The scientists are from Baylor University in Texas, USA. They did research into how we can *fall / falling* asleep more quickly. They found that *written / writing* a to-do list helps people get to *sleep / slept* faster. Doctor Michael K. Scullin was the lead *research / researcher* of the study. He said to-do lists make *us / them* relax because we don't need to worry *about / of* the things we have to do. He said that if we write down the things we need to do, we can forget about them, so we become calmer. He added: "We live *on / in* a 24/7 culture in which our to-do lists seem to be constantly growing and causing us to *worry / worried* about unfinished tasks at bedtime."

The researchers looked at the sleeping *patterned / patterns* of 57 male and female university students *aged / ages* between 18 and 30. Half of *us / them* had to write down a to-do list five minutes *after / before* they slept. They had to turn the lights out by 10:30pm and could not have *excess / access* to technology. The researchers found that the *participates / participants* who wrote to-do lists fell *asleep / sleep* an average of 9 minutes faster than those who didn't. They also found that the students who wrote *real / really* detailed lists fell asleep faster than students who wrote *simple / simply*, general lists. The USA's National Sleep Foundation said that around 40 per cent of American adults have difficulty falling asleep at *least / last* a few times each month.

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

Sc__nt__sts h__v__ _n__d__ _th__t__c__ _ld__h__
_lp__ _s__g__t__t__ _sl__ _p__f__ _st__r__. All__y__ _n__
_ _d__ _s__ _p__n__ _nd__p__ _p__r__. Th__ _sc__ _nt__
_sts__ _r__ _fr__ _m__ B__ _yl__ _r__ Un__ _v__ _rs__ _ty__ _n__ T__
_x__ _s__, USA. Th__ _y__ _d__ _d__ _r__ _s__ _rch__ _nt__ _h__
_w__ _w__ _c__ _n__ _f__ _ll__ _sl__ _p__ _m__ _r__ _q__ _ckly. T__
_h__ _y__ _f__ _nd__ _th__ _t__ _wr__ _t__ _ng__ _t__ _d__ _l__ _st__
_h__ _lp__ _s__ _p__ _pl__ _g__ _t__ _t__ _sl__ _p__ _f__ _st__ _r__. D__
_ct__ _r__ M__ _ch__ _ _l__ K. Sc__ _ll__ _n__ _w__ _s__ _th__ _l__ _d__
_r__ _s__ _rch__ _r__ _f__ _th__ _st__ _dy. H__ _s__ _d__ _t__ _
_d__ _l__ _sts__ _m__ _k__ _ _s__ _r__ _l__ _x__ _b__ _c__ _s__ _w__ _d__
_n__ 't__ _n__ _d__ _t__ _w__ _rry__ _b__ _t__ _th__ _th__ _ng__ _s__
_w__ _h__ _v__ _t__ _d__ . H__ _s__ _d__ _th__ _t__ _f__ _w__ _wr__
_t__ _d__ _w__ _n__ _th__ _th__ _ng__ _s__ _w__ _n__ _d__ _t__ _d__ ,
_w__ _c__ _n__ _f__ _rg__ _t__ _b__ _t__ _th__ _m__ , _s__ _w__ _b__ _c__
_m__ _c__ _lm__ _r__. H__ _ _d__ _d__ _d__ : "W__ _l__ _v__ _ _n__ _
_24/7__ _c__ _lt__ _r__ _ _n__ _w__ _h__ _ch__ _ _r__ _t__ _d__ _l__ _st__
_s__ _s__ _m__ _t__ _b__ _c__ _n__ _st__ _ntly__ _gr__ _w__ _ng__ _nd__
_c__ _s__ _ng__ _s__ _t__ _w__ _rry__ _b__ _t__ _n__ _f__ _n__ _sh__ _
_d__ _t__ _s__ _k__ _s__ _t__ _b__ _d__ _t__ _m__ ."

Th__ _r__ _s__ _rch__ _rs__ _l__ _ _k__ _d__ _t__ _th__ _sl__ _p__ _
_ng__ _p__ _tt__ _r__ _ns__ _f__ 57__ _m__ _l__ _ _nd__ _f__ _m__ _l__ _ _n__
_ _v__ _rs__ _ty__ _st__ _d__ _nts__ _g__ _d__ _b__ _tw__ _ _n__ 18__ _
_nd__ 30. H__ _lf__ _f__ _th__ _m__ _h__ _d__ _t__ _wr__ _t__ _d__ _w__
_n__ _t__ _d__ _l__ _st__ _f__ _v__ _m__ _n__ _t__ _s__ _b__ _f__ _r__ _t__
_h__ _y__ _sl__ _pt__. Th__ _y__ _h__ _d__ _t__ _trn__ _th__ _l__ _ght__
_s__ _ _t__ _by__ 10:30pm _nd__ _c__ _ld__ _n__ _t__ _h__ _v__ _
_cc__ _ss__ _t__ _t__ _chn__ _l__ _gy. Th__ _r__ _s__ _rch__ _r__
_s__ _f__ _nd__ _th__ _t__ _th__ _p__ _rt__ _c__ _p__ _nts__ _wh__ _wr__
_t__ _t__ _d__ _l__ _sts__ _f__ _ll__ _sl__ _p__ _n__ _v__ _r__ _g__
_ _f__ 9__ _m__ _n__ _t__ _s__ _f__ _st__ _r__ _th__ _n__ _th__ _s__ _wh__ _
_d__ _dn__ 't__. Th__ _y__ _ _ls__ _ _f__ _nd__ _th__ _t__ _th__ _st__ _
_d__ _nts__ _wh__ _wr__ _t__ _r__ _lly__ _d__ _t__ _l__ _d__ _l__ _st__
_s__ _f__ _ll__ _sl__ _p__ _f__ _st__ _r__ _th__ _n__ _st__ _d__ _nts__ _wh__
_ _wr__ _t__ _s__ _mpl__ , _g__ _n__ _r__ _l__ _l__ _sts__. Th__ _U__
_SA__ 's__ N__ _t__ _ _n__ _l__ Sl__ _p__ F__ _nd__ _t__ _ _n__ _s__ _ _d__
_th__ _t__ _r__ _ _nd__ 40__ _p__ _r__ _c__ _nt__ _f__ Am__ _r__ _c__ _n__
_d__ _lts__ _h__ _v__ _d__ _ff__ _c__ _lty__ _f__ _ll__ _ng__ _sl__ _p__
_t__ _l__ _ _st__ _ _f__ _w__ _t__ _m__ _s__ _ _ch__ _m__ _nth__ .

PUNCTUATE THE TEXT AND ADD CAPITALS

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

scientists have an idea that could help us get to sleep faster all you need is a pen and paper the scientists are from baylor university in texas usa they did research into how we can fall asleep more quickly they found that writing a todo list helps people get to sleep faster doctor michael k scullin was the lead researcher of the study he said todo lists make us relax because we dont need to worry about the things we have to do he said that if we write down the things we need to do we can forget about them so we become calmer he added we live in a 24/7 culture in which our todo 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 male and female university students aged between 18 and 30 half of them had to write down a todo list five minutes before they slept they had to turn the lights out by 1030pm and could not have access to technology the researchers found that the participants who wrote todo lists fell asleep an average of 9 minutes faster than those who didnt they also found that the students who wrote really detailed lists fell asleep faster than students who wrote simple general lists the usas national sleep foundation said that around 40 per cent of american adults have difficulty falling asleep at least a few times each month.

PUT A SLASH (/) WHERE THE SPACES ARE

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

Scientists have an idea that could help us get to sleep faster. All you need is a pen and paper. The scientists are from Baylor University in Texas, USA. They did research into how we can fall asleep more quickly. They found that writing a to-do list helps people get to sleep faster. Doctor Michael K. Scullin was the lead researcher of the study. He said to-do lists make us relax because we don't need to worry about the things we have to do. He said that if we write down the things we need to do, we can forget about them, so we become calmer. He added: "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 male and female university students aged between 18 and 30. Half of them had to write down a to-do list five minutes before they slept. They had to turn the lights out by 10:30 pm and could not have access to technology. The researchers found that 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 really detailed lists fell asleep faster than students who wrote simple, general lists. The USA's National Sleep Foundation said that around 40 percent of American adults have difficulty falling asleep at least a few times each month.

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 this news story. Share what you discover with your partner(s) in the next lesson.

3. TO-DO LISTS: Make a poster about to-do lists. Show your work to your classmates in the next lesson. Did you all have similar things?

4. BETTER SLEEP: Write a magazine article about writing to-do lists on paper rather than typing them in mobile phones. Include imaginary interviews with people who are for and against this.

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 to-do lists. Ask him/her three questions about them. Give him/her three of your opinions on to-do lists. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. c 3. b 4. f 5. a 6. g 7. d
8. m 9. k 10. n 11. h 12. j 13. i 14. l

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

- | | |
|----------------|-----------------|
| 1. idea | a. theory |
| 2. found | b. discovered |
| 3. relax | c. unwind |
| 4. worry | d. get stressed |
| 5. constantly | e. always |
| 6. half | f. 50 per cent |
| 7. access of | g. use of |
| 8. detailed | h. complete |
| 9. simple | i. easy |
| 10. difficulty | j. problems |

COMPREHENSION QUESTIONS (p.9)

1. Pen and paper
2. Texas
3. Relax
4. A 24/7 culture
5. Unfinished tasks
6. 57
7. 10:30pm
8. Nine minutes faster
9. Detailed lists
10. Around 40%

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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