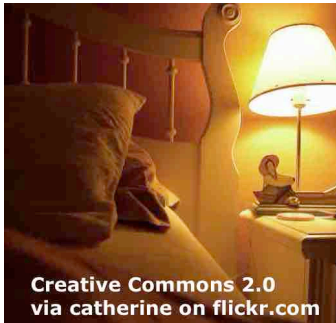


Sleeping with a light on can harm our health

24th March, 2022



Everyone knows that good sleep is important for our health. Not everyone knows how important it is to sleep in the dark. A new report says sleeping with the light on could be bad for our health. Researchers say turning off the light when we sleep helps to

keep away diabetes and heart disease. Sleeping with the light on could increase the risk of getting these diseases. The researchers said around 40 per cent of people sleep with some sort of artificial light. They said even light from a television or alarm clock could affect our health. They added that the worse thing to sleep with is a main light. Sleeping in the dark is more difficult for people who live in cities, where there is a lot of outdoor light at night.

The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The lead researcher, Dr Phyllis Zee, is an expert in sleep medicine. She said it is healthier for us to turn off all lights when we sleep. Her team conducted a study of the blood sugar levels of 20 people after nights of sleep. The people who slept with a light on had higher blood sugar levels the next morning compared to those who slept in total darkness. Dr Zee said this is because light stimulates brain activity, which raises blood sugar levels. She said there are three things we can do to reduce the risk of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or wear an eye mask.

Sources: thesun.co.uk / smithsonianmag.com / yahoo.com

Writing

We should never sleep with any light on. Discuss.

Chat

Talk about these words from the article.

everyone / sleep / important / the dark / diabetes / heart disease / alarm clock / university / expert / study / blood / sugar / darkness / risk / blue light / eye mask

True / False

- 1) The article says everyone knows it is important to sleep in the dark. T / F
- 2) Sleeping in the dark can reduce the risk of getting heart disease. T / F
- 3) About 40% of people sleep in the dark. T / F
- 4) The article says the light from alarm clocks do us no harm. T / F
- 5) Dr Phyllis Zee said she took medicine every night to help her sleep. T / F
- 6) Researchers looked at people's sleep pattern over 20 nights. T / F
- 7) People who slept in the dark had lower blood sugar levels. T / F
- 8) The doctor suggested we wear an eye mask to help us sleep. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. important | a. well-being |
| 2. bad | b. put on |
| 3. health | c. man-made |
| 4. risk | d. harmful |
| 5. artificial | e. carried out |
| 6. expert | f. cut |
| 7. conducted | g. essential |
| 8. total | h. specialist |
| 9. reduce | i. chance |
| 10. wear | j. complete |

Discussion – Student A

- a) What do you think about what you read?
- b) Is it a good idea to take medicine to help you sleep?
- c) What happens when you do not get enough sleep?
- d) What things help you sleep well?
- e) Is it easy for you to sleep on a train or bus?
- f) Is it easy for you to sleep outside when camping?
- g) Do you care what colour the lights are in your bedroom?
- h) What questions would you like to ask the researchers?

Phrase Match

- Everyone knows that good sleep is
- sleeping with the light on could be
- increase the risk of
- artificial
- there is a lot of outdoor light
- an expert in sleep
- it is healthier for us to turn
- blood sugar
- light stimulates brain
- reduce the risk
- activity
- getting these diseases
- light
- medicine
- levels
- important for our health
- of illness
- at night
- bad for our health
- off all lights

Discussion – Student B

- How important is sleep to you?
- What do you do if you cannot sleep?
- Do you need a light to sleep?
- How does sleep affect our health?
- Can you sleep if a light is on?
- Would you prefer to sleep in the city or countryside?
- Should people have a television in their bedroom?
- What advice do you have for people who cannot sleep?

Spelling

- good sleep is moitrpant for our health
- keep away aitedbes
- increase the risk of getting these sssiedea
- some sort of iariltfcai light
- the swort thing to sleep with
- a lot of rouotod light at night
- Dr Phyllis Zee is an pxrete
- sleep meiincde
- Her team cdncodetu a study
- light tlsisuatem brain activity
- euercd the risk of illness
- use a blackout atirunc

Answers – Synonym Match

1. g	2. d	3. a	4. i	5. c
6. h	7. e	8. j	9. f	10. b

Role Play

Role A – Sleep

You think sleep is the most important thing for good health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): vegetables, exercise or water.

Role B – Vegetables

You think vegetables are the most important thing for good health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): sleep, exercise or water.

Role C – Exercise

You think exercise is the most important thing for good health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): vegetables, sleep or water.

Role D – Water

You think water is the most important thing for good health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): vegetables, exercise or sleep.

Speaking – Health

Rank these with your partner. Put the best things for our health at the top. Change partners often and share your rankings.

- Sleep
- Vegetables
- Laughter
- Exercise
- Vitamin supplements
- Music
- Chocolate
- Water

Answers – True False

1 F	2 T	3 F	4 F	5 F	6 F	7 T	8 T
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Answers to Phrase Match and Spelling are in the text.