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Level 1 – 31st August 2023

Researchers find best temperature for sleeping well

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2308/230831-sleeping-temperature-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-1.html>

The key for people to sleep could be how hot or cold a room is. Researchers say the best quality sleep is in a room between 20-25° Celsius. The researchers asked 50 people aged 65 and older to wear a sleep monitor for 18 months. The people's sleep worsened when their room temperature was not between 20-25°C. Researchers say 20°C is the best temperature. They said sleep seems easier and is often deeper in a cooler environment.

Temperature could be as bad for sleep as pain or drinking alcohol. Researchers found a 5-10 per cent drop in sleep quality when it was too warm or too cool. Poor sleep can lead to health problems, like mood swings and stress. Other problems include a risk of getting diabetes and heart disease. The researchers said people should create, "a more comfortable home environment" to sleep well. They also said climate change could change our sleep.

Sources: <https://www.dailymail.co.uk/health/article-12451731/The-secret-good-sleep-Dont-let-things-hot-bedroom-Researchers-discover-ideal-temperature-restful-night.html>
<https://www.msn.com/en-us/health/medical/what-s-the-best-temperature-for-sleep-researchers-suggest-this-range/ar-AA1fTzHP>
<https://metro.co.uk/2023/08/28/the-best-way-to-get-a-good-nights-sleep-for-older-people-19406931/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-1.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|--------------------|
| 1. how hot or cold | a. temperature |
| 2. the best quality sleep | b. monitor |
| 3. wear a sleep | c. environment |
| 4. The people's sleep | d. is in a room |
| 5. their room temperature was not | e. often deeper |
| 6. 20°C is the best | f. worsened |
| 7. sleep seems easier and is | g. a room is |
| 8. in a cooler | h. between 20-25°C |

PARAGRAPH TWO:

- | | |
|-------------------------|------------|
| 1. Temperature could be | a. quality |
| 2. drinking | b. swings |
| 3. a 5-10 per cent | c. alcohol |
| 4. sleep | d. disease |
| 5. when it was too | e. drop |
| 6. mood | f. warm |
| 7. heart | g. change |
| 8. climate | h. as bad |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-1.html>

The (1) _____ to sleep could be how hot or cold a room is. Researchers (2) _____ quality sleep is in a room between 20-25° Celsius. The researchers asked 50 people aged 65 and (3) _____ a sleep monitor for 18 months. The people's (4) _____ their room temperature was not between 20-25°C. Researchers say 20°C is the best temperature. They said (5) _____ and is often deeper (6) _____ environment.

Temperature could (7) _____ for sleep as pain or drinking alcohol. Researchers found a 5-10 per cent drop (8) _____ when it was too warm or too cool. Poor sleep can lead to health problems, (9) _____ and stress. Other problems (10) _____ of getting diabetes and heart disease.

The researchers said people should create, "(11) _____ home environment" to sleep well. They also said climate (12) _____ our sleep.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-1.html>

The key for people to sleep could be how hot or cold a room is. Researchers say the best quality sleep is in a room between 20-25°C. These researchers asked 50 people aged 65 and older to wear a sleep monitor for 18 months. The people's sleep worsened when their room temperature was not between 20-25°C. Researchers say 20°C is the best temperature. They said sleep seems easier and is often deeper in a cooler environment. Temperature could be as bad for sleep as pain or drinking alcohol. Researchers found a 5-10 percent drop in sleep quality when it was too warm or too cool. Poor sleep can lead to health problems, like mood swings and stress. Other problems include a risk of getting diabetes and heart disease. The researchers said people should create "a more comfortable home environment" to sleep well. They also said climate change could change our sleep.

SLEEPING SURVEY

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-4.html>

Write five GOOD questions about sleeping 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) _____

WRITING

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-1.html>

Write about **sleeping** for 10 minutes. Read and talk about your partner’s paper.
