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Level 1

Jet-lag drug is a step closer

7th October, 2013

<http://www.breakingnewsenglish.com/1310/131007-jet-lag-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-1.html>

People who fly a long way hate jet lag. It lasts for three or four days. Traveling across time zones upsets your body clock. You can be awake at 3.00am and sleepy after lunch. That might soon be over. Researchers are making a drug for jet lag. It can help people change to a new time zone in 24 hours. The researchers have found the body's "reset button". This helps us after our sleep pattern changes. New drugs could "press" the reset button and end jet lag.

The jet-lag drug could also help people who work at night. Airline pilots and cabin crew could benefit. They would not get stressed from not sleeping. The drug could also help people with insomnia (sleeplessness). Jet lag usually happens after changing three time zones or more. Some people get it with one time zone difference. It usually takes one day to recover from one time zone. Jet lag is not so old. It happened after people started flying in jet airplanes.

Sources: http://www.huffingtonpost.co.uk/2013/10/04/jet-lag-body-clock-adjust-time-zones_n_4042918.html
<http://www.independent.co.uk/news/science/a-cure-for-jetlag-scientists-discover-body-clock-reset-button-8858326.html>
http://en.wikipedia.org/wiki/Jet_lag

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------------------|---------------------------|
| 1. People who fly | a. making a drug |
| 2. It lasts | b. your body clock |
| 3. Traveling across time zones upsets | c. a long way |
| 4. You can be awake | d. for three or four days |
| 5. Researchers are | e. in 24 hours |
| 6. change to a new time zone | f. button and end jet lag |
| 7. after our sleep | g. at 3.00am |
| 8. "press" the reset | h. pattern changes |

PARAGRAPH TWO:

- | | |
|--|------------------------------|
| 1. The jet-lag drug could also help people | a. benefit |
| 2. cabin crew could | b. changing three time zones |
| 3. get stressed | c. who work at night |
| 4. help people with insomnia | d. airplanes |
| 5. Jet lag usually happens after | e. to recover |
| 6. It usually takes one day | f. started flying |
| 7. It happened after people | g. from not sleeping |
| 8. jet | h. (sleeplessness) |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-1.html>

People who (1) _____ hate jet lag. It lasts for three or four days. Traveling (2) _____ upsets your body clock. You can be awake at 3.00am and sleepy after lunch. That (3) _____. Researchers are making a drug for jet lag. It can help (4) _____ a new time zone in 24 hours. The researchers have found the body's "reset button". This (5) _____ our sleep pattern changes. New drugs could "press" (6) _____ and end jet lag.

The jet-lag drug could also help people (7) _____. Airline pilots and cabin crew could benefit. They would (8) _____ from not sleeping. The drug could also (9) _____ insomnia (sleeplessness). Jet lag (10) _____ changing three time zones or more. Some people get it with one time zone difference. It usually (11) _____ to recover from one time zone. Jet lag (12) _____. It happened after people started flying in jet airplanes.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-1.html>

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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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)

g)

h)
