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Level 2

Jet-lag drug is a step closer

7th October, 2013

<http://www.breakingnewsenglish.com/1310/131007-jet-lag-2.html>

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THE READING

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-2.html>

People who fly long distances hate jet lag. Traveling across different time zones upsets your body clock. People get jet lag for three or four days. You can be awake at 3.00am and ready for bed after lunch. That might soon be over. Researchers from a university in Japan are making a drug for jet lag. It can help people change to a new time zone in 24 hours. The head researcher said his team has found the body's "reset button" in the brain. This helps the body adjust to changing sleep patterns. New drugs could "press" the reset button to make jet lag less of a problem.

The jet-lag drug could also have benefits for people who work different shifts at irregular or unsociable hours. Night workers, airline pilots and cabin crew could benefit. These workers would not be so stressed from not sleeping. The drug might also be useful for people with insomnia (the inability to sleep). Jet lag usually happens after a change of three time zones or more. Some people get it with just one time zone difference. It usually takes one day to recover from crossing 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

MATCHING

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|-------------------------------|
| 1. People who fly | a. to changing sleep patterns |
| 2. Traveling across different | b. ready for bed after lunch |
| 3. People get jet lag | c. time zones |
| 4. You can be awake at 3.00am and | d. soon be over |
| 5. That might | e. long distances |
| 6. found the body's "reset button" | f. jet lag less of a problem |
| 7. helps the body adjust | g. in the brain |
| 8. "press" the reset button to make | h. for three or four days |

PARAGRAPH TWO:

- | | |
|--|----------------------------------|
| 1. people who work different shifts at | a. (the inability to sleep) |
| 2. pilots and | b. change of three time zones |
| 3. workers would not be so stressed | c. from crossing one time zone |
| 4. useful for people with insomnia | d. irregular or unsociable hours |
| 5. Jet lag usually happens after a | e. airplanes |
| 6. It usually takes one day to recover | f. from not sleeping |
| 7. It happened after people | g. cabin crew could benefit |
| 8. jet | h. started flying |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1310/131007-jet-lag-2.html>

People who (1) _____ hate jet lag. Traveling across different time zones upsets (2) _____. People get jet lag for three or four days. You can be awake at 3.00am and (3) _____ lunch. That might soon be over. Researchers from a university in Japan are making a drug for jet lag. It can help people change (4) _____ in 24 hours. The head researcher said his team has found the body's "reset (5) _____. This helps the body adjust to changing sleep patterns. New drugs could "press" the reset button to make jet lag (6) _____.

The jet-lag drug could (7) _____ for people who work different shifts at irregular (8) _____. Night workers, airline pilots and cabin crew could benefit. These workers would (9) _____ from not sleeping. The drug might also be (10) _____ with insomnia (the inability to sleep). Jet lag usually happens after a change of three time zones or more. Some people (11) _____ time zone difference. It usually takes one day (12) _____ crossing one time zone. Jet lag is not so old. 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-2.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)
