

Jet-lag drug is a step closer

7th October, 2013



Everybody who flies long distances hates jet lag. Traveling across different time zones upsets your body clock. People can have jet lag for three or four days after getting off the

airplane. You can be wide awake at 3.00am and ready for bed after lunch. That might soon be over. Researchers from Kyoto University in Japan are close to making a drug for jet lag. They said the drug can help people change to a new time zone in just 24 hours. Head researcher Yoshiaki Yamaguchi said his team has found the body's "reset button" in the brain. This controls how the body adjusts to changing sleep patterns. New drugs could "press" the reset button to make jet lag less troublesome.

The jet-lag drug could also have other health benefits. People who work different shifts and night workers could take the drug. This means these workers will not be so stressed from working at irregular or unsociable hours. Airline pilots and cabin crew could be among those who most benefit from the new drug. The drug might also be useful for people with insomnia (the inability to sleep). Wikipedia says jet lag usually happens after a change of three time zones or more. Some people get it after just a single time zone difference. It usually takes one day to recover from crossing one time zone. Jet lag is only a few decades old. It happened after people started flying in jet airplanes.

Sources: *Huffington Post / Independent / Wikipedia*

Writing

Flying is the best way to travel. Is this true? Discuss the advantages and disadvantages of flying.

Chat

Talk about these words from the article.

long distances / time zones / body clock / airplane / ready for bed / reset button / health benefits / night workers / unsociable hours / cabin crew / insomnia / flying

True / False

- The article says half of people who fly have a strong dislike for jet lag. T / F
- Your body clock is upset by changing time zones. T / F
- Researchers say a new drug could make jet lag go away in a day. T / F
- The body's "reset button" is at the back of your neck, in the middle. T / F
- The new drug could help people who work at unsociable times. T / F
- Insomniacs could find the drug useful. T / F
- You cannot get jet lag from crossing one time zone. T / F
- Jet lag is hundreds of years old. T / F

Synonym Match

- | | |
|----------------|------------------|
| 1. hates | a. sleeplessness |
| 2. upsets | b. get better |
| 3. close | c. confuses |
| 4. adjusts | d. loathes |
| 5. troublesome | e. advantages |
| 6. benefits | f. annoying |
| 7. unsociable | g. two or three |
| 8. insomnia | h. changes |
| 9. recover | i. unfriendly |
| 10. a few | j. near |

Discussion – Student A

- What do you know about jet lag?
- Do you like flying?
- Can you sleep anywhere?
- What things make you very tired?
- Are you ever wide awake at 3.00am?
- Are your sleeping patterns regular or irregular?
- Can you sleep OK on long journeys?
- Why is this new drug good?

Phrase Match

- | | |
|---|----------------------------------|
| 1. Everybody who flies long | a. and night workers |
| 2. Traveling across different time | b. make jet lag less troublesome |
| 3. wide awake at 3.00am and ready | c. (the inability to sleep) |
| 4. his team has found the body's | d. zones upsets your body clock |
| 5. "press" the reset button to | e. time zone difference |
| 6. People who work different shifts | f. distances hates jet lag |
| 7. irregular or | g. "reset button" in the brain |
| 8. useful for people with insomnia | h. flying in jet airplanes |
| 9. Some people get it after just a single | i. for bed after lunch |
| 10. It happened after people started | j. unsociable hours |

Discussion – Student B

- Do you change when you are very tired?
- Could this drug be dangerous in any way?
- What do you think its like to work the night shift?
- Would you like a drug that totally replaces sleep?
- What do you do if you can't sleep?
- Why do some people get bad jet lag and others don't?
- Could the jet-lag drug end all sleeping problems?
- What questions would you like to ask the researchers?

Spelling

- Everybody who flies long assinedct
- ssuept your body clock
- hrcaeesrre from Kyoto University
- his team has found the body's reset btunot
- the body audtsjs to changing sleep patterns
- make jet lag less oresloemtub
- have other health fenestib
- work different tihfss
- working at ealiurrrg or unsociable hours
- useful for people with ninomais
- It usually takes one day to vcreore
- Jet lag is only a few adedsec old

Answers – Synonym Match

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

Role Play

Role A – Jet lag

You think jet lag is the worst thing about flying. Tell the others three reasons why. Tell them things that are wrong with their bad things. Also, tell the others which is the least bad of these (and why): airplane food, turbulence or other passengers.

Role B – Airplane food

You think airplane food is the worst thing about flying. Tell the others three reasons why. Tell them things that are wrong with their bad things. Also, tell the others which is the least bad of these (and why): jet lag, turbulence or other passengers.

Role C – Turbulence

You think turbulence is the worst thing about flying. Tell the others three reasons why. Tell them things that are wrong with their bad things. Also, tell the others which is the least bad of these (and why): airplane food, jet lag or other passengers.

Role D – Other passengers

You think other passengers are the worst thing about flying. Tell the others three reasons why. Tell them things that are wrong with their bad things. Also, tell the others which is the least bad of these (and why): airplane food, turbulence or jet lag.

Speaking - Flying

Rank these and share your rankings with your partner. Put the worst things about flying at the top. Change partners often and share your rankings.

- | | |
|--------------|--------------------------|
| • jet lag | • other passengers |
| • airports | • airplane food |
| • packing | • waiting at immigration |
| • turbulence | • legroom |

Answers – True False

a	F	b	T	c	T	d	F	e	T	f	T	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.