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Level 4 – 31st July, 2018

Sleeping with a fan could be bad for us

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

<https://breakingnewsenglish.com/1807/180731-fans-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1807/180731-fans-4.html>

Scientists say using a fan to help us sleep is bad for us. This is bad news in the current hot weather. Sleep experts say there are many reasons why using a fan is bad for our health. They cause problems for people with asthma. Dust and pollen circulates around the room and adds to sleeplessness. Circulating air can dry out and irritate our eyes and mouth. This makes it difficult to sleep. Fans also cool the air and can make our muscles tense.

Many sleep experts say fans are not a danger to health. One said: "There's nothing about a fan that's toxic. There's nothing wrong with circulating air." If a fan stops us sweating, we will sleep. People should keep fans at a distance from their bed and not have them blowing at their body. Using an air filter in the bedroom can reduce the levels of dust. A fan may be better than an air conditioner. This can cool the sweat on our body and give us a cold.

Sources: <https://www.cbsnews.com/news/is-sleeping-with-a-fan-on-bad-for-your-health/>
<https://thefreshtoast.com/culture/sleeping-with-a-fan-on-is-bad-for-you/>
<http://www.eadt.co.uk/news/sleeping-with-a-fan-on-health-problems-warning-1-5626619>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1807/180731-fans-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------|--------------------|
| 1. in the current | a. for people |
| 2. reasons why using | b. the air |
| 3. They cause problems | c. and mouth |
| 4. pollen circulates | d. tense |
| 5. irritate our eyes | e. a fan is bad |
| 6. This makes it difficult | f. hot weather |
| 7. Fans also cool | g. to sleep |
| 8. make our muscles | h. around the room |

PARAGRAPH TWO:

- | | |
|-----------------------------|-----------------------|
| 1. a danger | a. of dust |
| 2. circulating | b. in the bedroom |
| 3. keep fans at | c. on our body |
| 4. Using an air filter | d. to health |
| 5. reduce the levels | e. a cold |
| 6. A fan may be better than | f. air |
| 7. cool the sweat | g. a distance |
| 8. give us | h. an air conditioner |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1807/180731-fans-4.html>

Scientists say using a fan to (1) _____ is bad for us. This is (2) _____ the current hot weather. Sleep experts say there are many reasons why using a fan is bad (3) _____. They cause problems for people with asthma. (4) _____ circulates around the room and adds to sleeplessness. Circulating air can dry (5) _____ our eyes and mouth. This makes it difficult to sleep. Fans also cool the air and can make (6) _____.

Many sleep experts say fans are not a (7) _____. One said: "There's nothing about a (8) _____. There's nothing wrong with circulating air." If a fan (9) _____, we will sleep. People should keep fans (10) _____ from their bed and not have them blowing at their body. Using an (11) _____ the bedroom can reduce the levels of dust. A fan may be better than an air conditioner. This can (12) _____ on our body and give us a cold.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1807/180731-fans-4.html>

Scientistssayusingafantohelpussleepisbadforus.Thisbadnewsinth
ecurrenthotweather.Sleepexpertssaytherearemanyreasonswhyusi
ngafanisbadforourhealth.Theycauseproblemsforpeoplewithasthma
.Dustandpollencirculatesaroundtheroomandaddstosleeplessness.Ci
rculatingaircandryoutandirritateoureyesandmouth.Thismakesitdiffi
culttosleep.Fansalsocooltheairandcanmakeourmusclestense.Many
sleepexpertssayfansarenotadangertohealth.Onesaid:"There'snothi
ngaboutafanthat'stoxic.There'snothingwrongwithcirculatingair."Ifa
fanstopsussweating,wewillsleep.Peopleshouldkeepfansatadistance
fromtheirbedandnothavethemblowingattheirbody.Usinganairfilteri
nthebedroomcanreducethelevelsofdust.Afanmaybebetterthananair
conditioner.Thiscancoolthesweatonourbodyandgiveusacold.

FANS SURVEY

From <https://breakingnewsenglish.com/1807/180731-fans-4.html>

Write five GOOD questions about fans 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) _____

