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Level 1 – 1st February, 2021

A full moon could give you a bad night's sleep

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

<https://breakingnewsenglish.com/2102/210201-full-moon-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/2102/210201-full-moon-1.html>

If you can't sleep, it could be because of a full moon. Scientists say there is a link between the Moon and our sleeping patterns. They say that on nights before a full moon, people have more problems sleeping. This could be because of the Moon's brightness. This makes sleeping more difficult. The scientists said moonlight is "so bright" that even if there is no other light, moonlight could change our sleep patterns at night.

The scientists studied the sleep patterns of over 500 people. There were 98 people from a village that had no electricity or other lights. Scientists compared their sleep patterns to 464 people living in a U.S. city. The scientists said people in the village and in the big city got less sleep on nights before the full moon. The light in cities does not seem to affect sleeping patterns. The scientists said human sleep is linked to the changing of the Moon.

Sources: <https://www.thesun.co.uk/tech/13875791/how-the-moon-affects-sleep/>
<https://www.futurity.org/moon-sleep-lunar-cycle-2509072/>
<https://www.ladbible.com/news/news-scientists-claim-you-may-be-struggling-to-sleep-because-of-the-moon-20210128>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2102/210201-full-moon-1.html>

PARAGRAPH ONE:

- | | |
|--|-------------------|
| 1. If you | a. link |
| 2. it could be because | b. brightness |
| 3. Scientists say there is a | c. at night |
| 4. on nights before | d. difficult |
| 5. This could be because of the Moon's | e. of a full moon |
| 6. This makes sleeping more | f. bright |
| 7. moonlight is so | g. can't sleep |
| 8. our sleep patterns | h. a full moon |

PARAGRAPH TWO:

- | | |
|---------------------------------|-------------------|
| 1. scientists studied the sleep | a. in a U.S. city |
| 2. There were 98 people | b. lights |
| 3. no electricity or other | c. the full moon |
| 4. Scientists compared their | d. from a village |
| 5. 464 people living | e. village |
| 6. people in the | f. patterns |
| 7. on nights before | g. of the Moon |
| 8. linked to the changing | h. sleep patterns |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2102/210201-full-moon-1.html>

If you can't sleep, it could (1) _____ a full moon. Scientists say there is (2) _____ the Moon and our sleeping patterns. They say (3) _____ before a full moon, (4) _____ problems sleeping. This could be because of the Moon's brightness. This makes sleeping more difficult. The scientists said moonlight (5) _____ that even if there is no other light, moonlight could change our sleep (6) _____.

The scientists (7) _____ patterns of over 500 people. There were 98 people from a village that had no electricity (8) _____. Scientists compared their sleep patterns to 464 (9) _____ a U.S. city. The scientists said people in the village and in the (10) _____ less sleep on nights before the full moon. The light in cities does not (11) _____ sleeping patterns. The scientists said human sleep (12) _____ the changing of the Moon.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2102/210201-full-moon-1.html>

If you can't sleep, it could be because of a full moon. Scientists say there is a link between the Moon and our sleeping patterns. They say that on night before a full moon, people have more problems sleeping. This could be because of the Moon's brightness. This makes sleeping more difficult. The scientist said moonlight is "so bright" that even if there is no other light, moonlight could change our sleep patterns at night. The scientists studied the sleep patterns of over 500 people. There were 98 people from a village that had no electricity or other lights. Scientists compared their sleep patterns to 464 people living in a U.S. city. The scientist said people in the village and in the big city got less sleep on nights before the full moon. The light in cities does not seem to affect sleeping patterns. The scientist said human sleep is linked to the changing of the Moon.

SLEEP SURVEY

From <https://breakingnewsenglish.com/2102/210201-full-moon-4.html>

Write five GOOD questions about sleep 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/2102/210201-full-moon-1.html>

Write about **sleep** for 10 minutes. Read and talk about your partner's paper.
