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Level 2 – 1st February, 2021

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

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<https://breakingnewsenglish.com/2102/210201-full-moon-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2102/210201-full-moon-2.html>

If you have trouble sleeping, it could be because of a full moon. Scientists say there is a link between the Moon's cycle and sleeping patterns. They say that on nights when there is a full moon, people could have more problems sleeping. The reason for this could be the Moon's brightness. When there is a full moon, the extra brightness in the night sky could make sleeping more difficult. The scientists said moonlight is "so bright to the human eye" that even if there is no other light, moonlight could have a role in changing our sleep patterns at night.

The scientists did a study of the sleep patterns of over 500 people. Each person had a special wristband to track their sleep. The study included 98 people from a rural village that had no access to electricity or other light sources. Scientists compared their sleep patterns to 464 people living in a U.S. city, which had lots of light pollution. The scientists said people in the rural village and in the big city got less sleep on the nights before the full moon. The artificial light in cities does not seem to affect sleeping patterns. The scientists said: "Human sleep is synchronised with lunar phases."

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-2.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|-------------------|
| 1. If you have trouble | a. brightness |
| 2. it could be because | b. is a link |
| 3. Scientists say there | c. eye |
| 4. nights when there is | d. sky |
| 5. this could be the Moon's | e. sleeping |
| 6. in the night | f. patterns |
| 7. bright to the human | g. of a full moon |
| 8. changing our sleep | h. a full moon |

PARAGRAPH TWO:

- | | |
|-------------------------------|--------------------------|
| 1. The scientists did a study | a. in cities |
| 2. Each person had a special | b. village |
| 3. lots of light | c. with lunar phases |
| 4. people in the rural | d. pollution |
| 5. on the nights before | e. wristband |
| 6. The artificial light | f. patterns |
| 7. affect sleeping | g. of the sleep patterns |
| 8. sleep is synchronised | h. the full moon |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2102/210201-full-moon-2.html>

If (1) _____ sleeping, it could be because of a full moon. Scientists say there (2) _____ between the Moon's cycle and sleeping patterns. They say that on nights when there is (3) _____, people could have more problems sleeping. The reason for this could be the Moon's brightness. When there is a full moon, (4) _____ in the night sky could make sleeping more difficult. The scientists said moonlight is "so bright to (5) _____" that even if there is no other light, moonlight could have (6) _____ changing our sleep patterns at night.

The scientists (7) _____ of the sleep patterns of over 500 people. Each person had (8) _____ to track their sleep. The study included 98 people from a rural village that had no access to electricity or (9) _____. Scientists compared their sleep patterns to 464 people living in a U.S. city, which had lots (10) _____. The scientists said people in the rural village and in the big city got less sleep on the nights before the full moon. The (11) _____ cities does not seem to affect sleeping patterns. The scientists said: "Human sleep is synchronised (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2102/210201-full-moon-2.html>

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SLEEP SURVEY

From <https://breakingnewsenglish.com/2102/210201-full-moon-2.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) _____

