Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

Level 1 – 11th November, 2021

Going to bed at 10pm linked to lower heart disease

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

https://breakingnewsenglish.com/2111/211111-bedtime-1.html

Contents

Please try Levels 0, 2 and 3. They are (a little) harder.

Twitter   twitter.com/SeanBanville

Facebook   www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

We all know that going to bed early is healthy. Scientists say the healthiest time to go to bed is between 10pm and 11pm. This is because it lowers the risk of heart disease. Six years ago, the scientists looked at the sleep patterns and sleeping and waking times of 80,000 people. They then monitored the people's health for six years. Around 3,000 people developed heart problems. They went to bed earlier than 10pm or later than 11pm.

One of the scientists commented on how sleeping times affect our heart. He said going to bed early or late, "may be more likely to disrupt the body clock" and be bad for our heart's health. He said our body liked to wake up to the morning light. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the likelihood of seeing morning light, which resets the body clock."

PHRASE MATCHING

PARAGRAPH ONE:

1.	We all know	a.	waking times
2.	going to bed	b.	to go to bed
3.	the healthiest time	c.	than 11pm
4.	it lowers the risk	d.	sleep patterns
5.	scientists looked at the	e.	that
6.	sleeping and	f.	of heart disease
7.	They went to bed	g.	early is healthy
8.	later	h.	earlier than 10pm

PARAGRAPH TWO:

1.	One of the scientists	a.	time
2.	how sleeping times	b.	likely
3.	going to bed early	c.	our heart's health
4.	may be more	d.	affect our heart
5.	disrupt the	e.	likelihood of
6.	be bad for	f.	commented
7.	The riskiest	g.	body clock
8.	reduce the	h.	or late

LISTEN AND FILL IN THE GAPS

We all know that going to bed (1) _____. Scientists say the healthiest time to go to (2) _____ 10pm and 11pm. This is because it lowers the (3) _____ disease. Six years ago, the scientists looked at the (4) _____ sleeping and waking times of 80,000 people. They (5) _____ people's health for six years. Around 3,000 people developed heart problems. They went to (6) _____ 10pm or later than 11pm.

One of the scientists commented (7) _____ times (8) _____. He said going to bed early or late, "may be more (9) _____ the body clock" and be bad for our heart's health. He said our body (10) _____ up to the morning light. He said: "The riskiest time [to go to bed] (11) _____ because it may reduce the likelihood of seeing morning light, (12) _____ body clock."

PUT A SLASH (/)WHERE THE SPACES ARE

Weallknowthatgoingtobedearlyishealthy.Scientistssaythehealthies

ttimetogotobedisbetween10pmand11pm.Thisisbecauseitlowersthe

riskofheartdisease.Sixyearsago,thescientistslookedatthesleeppatte

rnsandsleepingandwakingtimesof80,000people.Theythenmonitore

dthepeople'shealthforsixyears.Around3,000peopledevelopedheart

problems.Theywenttobedearlierthan10pmorlaterthan11pm.Oneoft

hescientistscommentedonhowsleepingtimesaffectourheart.Hesaid

goingtobedearlyorlate,"maybemorelikelytodisruptthebodyclock"an

dbebadforourheart'shealth.Hesaidourbodylikedtowakeuptothemor

ninglight.Hesaid:"Theriskiesttime[togotobed]wasaftermidnightbec

auseitmayreducethelikelihoodofseeingmorninglight,whichresetsth

ebodyclock."

BEDTIME SURVEY

Write five GOOD questions about bedtime 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) _____

Going to bed at 10pm linked to lower heart disease – 11th November, 2021
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

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

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____