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Level 1

Writing a to-do list may help you sleep faster

16th January, 2018

<https://breakingnewsenglish.com/1801/180116-to-do-list-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/1801/180116-to-do-list-1.html>

Scientists have an idea to help us get to sleep faster. You need a pen and paper. Writing a to-do list helps people sleep faster. To-do lists help us to relax, so we don't worry about things we have to do. If we write things down, we can forget about them. This makes us calmer. A researcher said: "We live in a 24/7 culture in which our to-do lists seem to be constantly growing and causing us to worry about unfinished tasks at bedtime."

The researchers looked at how 57 university students slept. Half of them made a to-do list before they slept. They all had to sleep by 10:30pm and could not use technology. Those who wrote a to-do list fell asleep around 9 minutes faster. The students who wrote detailed lists fell asleep faster than students who wrote simple lists. Around 40 per cent of adults have difficulty falling asleep a few times each month.

Sources: <https://www.aol.com/article/lifestyle/2018/01/13/writing-a-to-do-list-may-help-you-sleep-faster-study-says/23332682/>
<https://psychcentral.com/news/2018/01/13/writing-a-to-do-list-may-help-you-fall-asleep/131170.html>
<https://www.livescience.com/61422-journal-writing-sleep-better.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1801/180116-to-do-list-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|-----------------------|
| 1. Scientists have an | a. us calmer |
| 2. You need a pen | b. us to relax |
| 3. To-do lists help | c. tasks |
| 4. we can forget | d. idea to help us |
| 5. This makes | e. constantly growing |
| 6. We live in a 24/7 | f. and paper |
| 7. our to-do lists seem to be | g. about them |
| 8. worry about unfinished | h. culture |

PARAGRAPH TWO:

- | | |
|---------------------------|---------------------|
| 1. The researchers looked | a. falling asleep |
| 2. Half of them made | b. at how |
| 3. They all had to sleep | c. lists |
| 4. fell asleep around | d. month |
| 5. detailed | e. by 10:30pm |
| 6. students who wrote | f. a to-do list |
| 7. have difficulty | g. simple lists |
| 8. a few times each | h. 9 minutes faster |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1801/180116-to-do-list-1.html>

Scientists (1) _____ to help us get to sleep faster. You need a (2) _____. Writing a to-do list helps people sleep faster. To-do lists help (3) _____, so we don't worry about things we have to do. If we write things down, we can (4) _____. This makes us calmer. A researcher said: "We live in a 24/7 (5) _____ our to-do lists seem to be constantly growing and causing us to worry about unfinished (6) _____."

The researchers (7) _____ 57 university students slept. Half of them made a to-do list (8) _____. They all had (9) _____ 10:30pm and could not use technology. Those who wrote a to-do list (10) _____ 9 minutes faster. The students who wrote detailed lists fell asleep faster (11) _____ wrote simple lists. Around 40 per cent of adults have difficulty falling asleep (12) _____ each month.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1801/180116-to-do-list-1.html>

Scientists have an idea to help us get to sleep faster. You need a pen and paper. Writing a to-do list helps people sleep faster. To-do lists help you relax, so you don't worry about things we have to do. If we write things down, we can forget about them. This makes us calmer. A researcher said: "We live in a 24/7 culture in which our to-do lists seem to be constantly growing and causing us to worry about unfinished tasks at bedtime." The researchers looked at how 57 university students slept. Half of them made a to-do list before they slept. They all had to sleep by 10:30 pm and could not use technology. Those who wrote a to-do list fell asleep around 9 minutes faster. The students who wrote detailed lists fell asleep faster than students who wrote simple lists. Around 40 percent of adults have difficulty falling asleep a few times each month.

TO-DO LISTS SURVEY

From <https://breakingnewsenglish.com/1801/180116-to-do-list-4.html>

Write five GOOD questions about to-do lists 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) _____

