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Level 3 – 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.html

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Everyone knows that going to bed early is good for our health. Scientists say they have found the healthiest time to go to bed. Researchers from the U.K. Biobank say a bedtime of between 10pm and 11pm is best. They say people who sleep between these times have a lower risk of heart disease. Six years ago, the researchers collected data on the sleep patterns of 80,000 volunteers. The volunteers had to wear a special watch for seven days so the researchers could collect data on their sleeping and waking times. The scientists then monitored the health of the volunteers. Around 3,000 volunteers developed heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm timeframe.

One of the authors of the study, Dr David Plans, commented on his research and the effects of sleeping times on the health of our heart. He said: "While we cannot conclude causation from our study, the results suggest that early or late bedtimes may be more likely to disrupt the body clock, with [negative] consequences for cardiovascular health." He said it was important for our body 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." He added that we risk cardiovascular disease if our body clock is not reset properly.

Sources: https://www.**bbc.com**/news/health-59204831
https://www.**theguardian.com**/lifeandstyle/2021/nov/09/sleep-at-10pm-linked-to-lower-risk-of-heart-disease-study-finds
https://www.**msn.com**/en-us/health/medical/this-is-the-optimal-bedtime-to-stave-off-heart-disease-researchers-say/ar-AAQtsmT

WARM-UPS

1. BEDTIME: Students walk around the class and talk to other students about bedtime. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

going to bed / early / health / risk / heart disease / volunteers / data / sleeping / authors / study / bedtime / body clock / negative / morning light / body clock

Have a chat about the topics you liked. Change topics and partners frequently.

3. SLEEPNG EARLY: Students A **strongly** believe if we all went to be early, the world would be a better place; Students B **strongly** disagree. Change partners again and talk about your conversations.

4. EARLY: What are the benefits of doing these things early? When do you do these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	Benefits	You
Going to bed		
Having breakfast		
Waking up		
Finishing homework		
Doing housework		
Planning things		

5. HEART: Spend one minute writing down all of the different words you associate with the word "heart". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. HEALTH: Rank these with your partner. Put the best things for our health at the top. Change partners often and share your rankings.

- Sleep
- Chocolate
- Laughing
- Good food
- Exercise
- Drinking water
- Chatting with friends
- Living in the countryside

VOCABULARY MATCHING

Paragraph 1

1.	health	a.	An illness or sickness.
2.	risk	b.	A person's body and mind condition.
3.	disease	c.	Bring or gather together a number of things.
4.	collect	d.	Facts and numbers people use to make reports or understand more about something.
5.	data	e.	A situation involving danger.
6.	monitored	f.	Started to exist or happen.
7.	developed	g.	Looked at and checked the progress or quality of something.

Paragraph 2

8.	author	h.	A research book or article on a particular topic.
9.	study	i.	Stop an event, activity, or process by causing a problem.
10.	effect	j.	A writer of a book, article, or document.
11.	conclude	k.	A change which happens because of another action or cause.
12.	disrupt	l.	The chance of something happening.
13.	likelihood	m.	Reach a conclusion or opinion by thinking about something.
14.	properly	n.	Correctly or satisfactorily.

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says few people know that sleeping early is good for us. **T / F**
2. The healthiest time to go to bed is between 10pm and 11pm. **T / F**
3. Researchers looked at the beds and pillows of 80,000 people. **T / F**
4. Around 3,000 who slept at 10:30pm developed heart disease. **T / F**
5. A research said he needed to look into his own body clock. **T / F**
6. The researcher said waking up to morning light was important. **T / F**
7. The researcher said the riskiest time to go to bed was 7pm. **T / F**
8. We can get heart disease if we do not set our alarm clocks properly. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

1. health	a. chance
2. good	b. necessary
3. risk	c. fell ill with
4. data	d. beneficial
5. developed	e. results
6. authors	f. correctly
7. consequences	g. well-being
8. important	h. lower
9. reduce	i. writers
10. properly	j. information

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. going to bed early is good	a. risk of heart disease
2. the healthiest time	b. clock
3. have a lower	c. likelihood
4. the researchers could collect	d. the volunteers
5. monitored the health of	e. reset properly
6. the effects of sleeping times on the	f. data
7. disrupt the body	g. to go to bed
8. it may reduce the	h. health of our heart
9. cardiovascular	i. for our health
10. our body clock is not	j. disease

GAP FILL

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

Everyone knows that going to bed early is (1) _____ for our health. Scientists say they have found the healthiest time to go to bed. Researchers from the U.K. Biobank say a bedtime of (2) _____ 10pm and 11pm is best. They say people who sleep between these times have a (3) _____ risk of heart disease. Six years ago, the researchers collected (4) _____ on the sleep patterns of 80,000 volunteers. The volunteers had to (5) _____ a special watch for seven days so the researchers could collect data on their sleeping and waking times. The scientists then monitored the (6) _____ of the volunteers. Around 3,000 volunteers (7) _____ heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm (8) _____.

wear
between
developed
good
timeframe
data
health
lower

One of the authors of the study, Dr David Plans, commented on his research and the (9) _____ of sleeping times on the health of our heart. He said: "While we cannot (10) _____ causation from our study, the results suggest that early or (11) _____ bedtimes may be more likely to (12) _____ the body clock, with [negative] consequences for cardiovascular health." He said it was important for our body to (13) _____ up to the morning light. He said: "The riskiest time [to go to bed] was after (14) _____ because it may reduce the likelihood of seeing morning (15) _____, which resets the body clock." He added that we risk cardiovascular disease if our body clock is not reset (16) _____.

disrupt
midnight
conclude
effects
properly
wake
light
late

LISTENING – Guess the answers. Listen to check.

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

1) Everyone knows that going to bed early is good _____
   a. for our healthy
   b. for our healthier
   c. for our health
   d. for our hearth
2) Biobank say a bedtime of between 10pm and _____
   a. 11pm be best
   b. 11pm is best
   c. 11pm are best
   d. 11pm at best
3) They say people who sleep between these times have _____
   a. a lower risk
   b. a lower risky
   c. a lower risks
   d. a lower risked
4) Six years ago, the researchers _____
   a. collect it data
   b. collection data
   c. collected data
   d. collective data
5) They went to bed earlier or later than the "healthy" 10pm _____
   a. to 11pm timed frame
   b. to 11pm time frames
   c. to 11pm timer frame
   d. to 11pm timeframe
6) One of the authors of the study, Dr David Plans, commented _____
   a. in his research
   b. of his research
   c. on his research
   d. at his research
7) results suggest that early or late bedtimes may be more likely to _____ clock
   a. disrupt the body
   b. disrupt a body
   c. disrupt their body
   d. disrupt this body
8) He said it was important for our body to wake up to _____
   a. the morn in light
   b. the mourning light
   c. the more non light
   d. the morning light
9) The riskiest time [to go to bed] was after midnight because it may _____
   a. reduce a likelihood
   b. reduce the likelihood
   c. reduce their likelihood
   d. reduce thus likelihood
10) we risk cardiovascular disease if our body clock is _____
   a. not reset property
   b. not reset proper agree
   c. not reset prop ally
   d. not reset properly

LISTENING – Listen and fill in the gaps

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

Everyone knows that going to bed (1) _____ for our health. Scientists say they have found the (2) _____ go to bed. Researchers from the U.K. Biobank say a bedtime of between 10pm and 11pm is best. They say people who sleep between these times have a lower (3) _____ disease. Six years ago, the researchers collected data on the sleep patterns of 80,000 volunteers. The volunteers (4) _____ a special watch for seven days so the researchers could collect data on their (5) _____ times. The scientists then monitored the health of the volunteers. Around 3,000 volunteers (6) _____. They went to bed earlier or later than the "healthy" 10pm to 11pm timeframe.

One of the authors of the study, Dr David Plans, commented on his research and (7) _____ sleeping times on the health of our heart. He said: "While (8) _____ causation from our study, the results suggest that early or late bedtimes may be more (9) _____ the body clock, with [negative] consequences for cardiovascular health." He said it was important for our body to wake up to (10) _____. He said: "The riskiest time [to go to bed] was after midnight because it may (11) _____ of seeing morning light, which resets the body clock." He added that we risk cardiovascular disease if our body clock is (12) _____.

COMPREHENSION QUESTIONS

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

1. Who does the article say knows that going to bed early is good for us?

2. When is the healthiest sleeping time?

3. How many volunteers were part of the research?

4. What did the volunteers have to wear?

5. How many volunteers developed heart disease?

6. Who is David Plans?

7. What kind of consequences could a disrupted body clock have?

8. What does the researcher say we need to see?

9. When is the riskiest time to go to bed?

10. What needs to be reset so we lower the risk of cardiovascular disease?

MULTIPLE CHOICE - QUIZ

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

1) Who does the article say knows that going to bed early is good for us?
a) everyone
b) doctors
c) sleep therapists
d) volunteers

2) When is the healthiest sleeping time?
a) 8pm
b) lunchtime
c) between 10pm and 11pm
d) after dinner

3) How many volunteers were part of the research?
a) 88,000
b) 80,000
c) 18,000
d) 8,000

4) What did the volunteers have to wear?
a) high-tech pajamas
b) an eye mask
c) ear plugs
d) a special watch

5) How many volunteers developed heart disease?
a) around 3,000
b) exactly 3,000
c) fewer than 3,000
d) over 3,000

6) Who is David Plans?
a) a bed maker
b) a sleep expert
c) a volunteer
d) an author

7) What kind of consequences could a disrupted body clock have?
a) serious consequences
b) negative consequences
c) mild consequences
d) no consequences

8) What does the researcher say we need to see?
a) the stars in the sky
b) an alarm clock
c) a doctor
d) the morning light

9) When is the riskiest time to go to bed?
a) after dinner
b) after breakfast
c) after midnight
d) after exercise

10) What needs to be reset so we lower the risk of cardiovascular disease?
a) our opinions
b) our body clock
c) time
d) our alarm clock

ROLE PLAY

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

Role A – Sleep

You think sleep is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): chocolate, laughter or living in the countryside.

Role B – Chocolate

You think chocolate is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): sleep, laughter or living in the countryside.

Role C – Laughter

You think laughter is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): chocolate, sleep or living in the countryside.

Role D – Living in the Countryside

You think living in the countryside is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): chocolate, laughter or sleep.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms … for the words 'heart' and 'disease'.

heart	**disease**

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning…?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• everyone • best • patterns • seven • monitored • timeframe	• authors • conclude • disrupt • important • reduce • properly

BEDTIME SURVEY

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

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.

BEDTIME DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'bedtime'?
3. How important is sleep to you?
4. What are you like if you do not have enough sleep?
5. What is the best time to sleep?
6. What is the best time to wake up?
7. Do you ever have problems sleeping?
8. Why does sleep affect the health of our heart?
9. Is sleeping a waste of time?
10. What do you do to prepare for bedtime?

Going to bed at 10pm linked to lower heart disease – 11th November, 2021
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BEDTIME DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'sleep'?
13. What do you think about what you read?
14. What do you know about our body clock?
15. Do you think sleeping is a waste of time?
16. Do you like to wake up with the morning light?
17. Does your smartphone stop you sleeping early?
18. What's your advice for people who cannot sleep?
19. What's your favourite part of bedtime?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

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

Everyone knows that going to bed early is (1) _____ for our health. Scientists say they have found the healthiest time to (2) _____ to bed. Researchers from the U.K. Biobank say a bedtime of between 10pm and 11pm is best. They say people who sleep between these times have a lower (3) _____ of heart disease. Six years ago, the researchers collected data on the (4) _____ patterns of 80,000 volunteers. The volunteers had to wear a special watch for seven days so the researchers could collect data (5) _____ their sleeping and waking times. The scientists then monitored the health of the volunteers. Around 3,000 volunteers developed heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm (6) _____.

One of the (7) _____ of the study, Dr David Plans, commented on his research and the effects of sleeping times (8) _____ the health of our heart. He said: "While we cannot conclude causation from our study, the results (9) _____ that early or late bedtimes may be more likely to disrupt the body clock, with [negative] consequences (10) _____ cardiovascular health." He said it was important for our body to wake up to the morning light. He said: "The riskiest time [to go to bed] was after midnight (11) _____ it may reduce the likelihood of seeing morning light, which resets the body clock." He added that we risk cardiovascular disease if our body clock is not (12) _____ properly.

Put the correct words from the table below in the above article.

1.	(a)	well	(b)	goodly	(c)	goodie	(d)	good
2.	(a)	going	(b)	goes	(c)	gone	(d)	go
3.	(a)	risqué	(b)	risk	(c)	risked	(d)	risky
4.	(a)	sleepy	(b)	slept	(c)	sleep	(d)	sleeper
5.	(a)	on	(b)	in	(c)	of	(d)	up
6.	(a)	timeframe	(b)	timestamp	(c)	time warp	(d)	timeslot
7.	(a)	authoring	(b)	authored	(c)	author	(d)	authors
8.	(a)	on	(b)	in	(c)	of	(d)	at
9.	(a)	digest	(b)	suggest	(c)	in jest	(d)	gesture
10.	(a)	at	(b)	on	(c)	for	(d)	by
11.	(a)	such	(b)	that	(c)	because	(d)	but
12.	(a)	reseat	(b)	reset	(c)	recent	(d)	rest

SPELLING

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

Paragraph 1

1. icsnsitset say they have found the healthiest time
2. rcerhsresea collected data
3. the sleep patterns of 80,000 elenotvsru
4. ditemonor the health
5. eoddlevpe heart problems
6. the "healthy" 10pm to 11pm eamiftmer

Paragraph 2

7. One of the ahrstou of the study
8. we cannot celnocud causation from our study
9. be more likely to itdprsu the body clock
10. reduce the ieiolhldko of seeing morning light
11. we risk csacuvdiroarla disease
12. if our body clock is not reset elrrpypo

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

(***1***) Everyone knows that going to bed early is good for our health. Scientists say they have found the healthiest

( ) best. They say people who sleep between these times have a lower risk of heart disease. Six years

( ) of sleeping times on the health of our heart. He said: "While we cannot conclude causation from our study, the results

( ) for cardiovascular health." He said it was important for our body to wake up to the morning

( ) and waking times. The scientists then monitored the health of the volunteers. Around 3,000

( ) time to go to bed. Researchers from the U.K. Biobank say a bedtime of between 10pm and 11pm is

( ) ago, the researchers collected data on the sleep patterns of 80,000 volunteers. The volunteers had to wear

( ) that we risk cardiovascular disease if our body clock is not reset properly.

( ) a special watch for seven days so the researchers could collect data on their sleeping

( ) likelihood of seeing morning light, which resets the body clock." He added

( ) suggest that early or late bedtimes may be more likely to disrupt the body clock, with [negative] consequences

( ) One of the authors of the study, Dr David Plans, commented on his research and the effects

( ) volunteers developed heart problems. They went to bed earlier or later than the "healthy" 10pm to 11pm timeframe.

( ) light. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the

PUT THE WORDS IN THE RIGHT ORDER

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

1. is early good . to Everyone going knows bed

2. go time to healthiest to The bed .

3. have a disease . They risk lower of heart

4. a had to watch . wear volunteers The special

5. of monitored then Scientists health the the volunteers .

6. of the One study . of the authors

7. clock . more to likely body Be the disrupt

8. midnight . riskiest The was sleep to after time

9. the It morning of likelihood seeing light . reduces

10. clock body If properly . our reset is not

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Everyone knows that going to bed early is *well / good* for our health. Scientists say they have found the healthiest time to *come / go* to bed. Researchers from the U.K. Biobank say a bedtime of *among / between* 10pm and 11pm is best. They say people *who / what* sleep between these times have a lower risk of heart disease. Six years ago, the researchers *collected / collector* data on the sleep patterns of 80,000 volunteers. The volunteers had to wear a *special / specially* watch for seven days so the researchers could collect data *in / on* their sleeping and waking *timing / times*. The scientists then monitored the health *on / of* the volunteers. Around 3,000 volunteers developed heart problems. They went to bed earlier or *lately / later* than the "healthy" 10pm to 11pm timeframe.

One / Once of the authors of the study, Dr David Plans, commented on his research and the *affects / effects* of sleeping times on the health of our *heart / hearty*. He said: "While we cannot *conclude / conclusion* causation from our study, the results suggest that early *nor / or* late bedtimes may be more likely to disrupt the body clock, with [negative] consequences for cardiovascular health." He said it was *important / importance* for our body to wake up to the morning *lightly / light*. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the *likely / likelihood* of seeing morning light, which resets the body clock." He added that we *risky / risk* cardiovascular disease if our body clock is not reset *property / properly*.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

_v_ry_n_ kn_ws th_t g__ng t_ b_d __rly _s g__d f_r __r h__lth. Sc__nt_sts s_y th_y h_v_ f__nd th_ h__lth__st t_m_ t_ g_ t_ b_d. R_s__rch_rs fr_m th_ _.K. B__b_nk s_y _ b_dt_m_ _f b_tw__n 10pm _nd 11pm _s b_st. Th_y s_y p__pl_ wh_ sl__p b_tw__n th_s_ t_m_s h_v_ _ l_w_r r_sk _f h__rt d_s__s_. S_x y__rs _g_, th_ r_s__rch_rs c_ll_ct_d d_t_ _n th_ sl__p p_tt_rns _f 80,000 v_l_nt__rs. Th_ v_l_nt__rs h_d t_ w__r _ sp_c__l w_tch f_r s_v_n d_ys s_ th_ r_s__rch_rs c__ld c_ll_ct d_t_ _n th__r sl__p_ng _nd w_k_ng t_m_s. Th_ sc__nt_sts th_n m_n_t_r_d th_ h__lth _f th_ v_l_nt__rs. _r__nd 3,000 v_l_nt__rs d_v_l_p_d h__rt pr_bl_ms. Th_y w_nt t_ b_d __rl__r _r l_t_r th_n th_ "h__lthy" 10pm t_ 11pm t_m_fr_m_.

_n_ _f th_ __th_rs _f th_ st_dy, Dr D_v_d Pl_ns, c_mm_nt_d _n h_s r_s__rch _nd th_ _ff_cts _f sl__p_ng t_m_s _n th_ h__lth _f __r h__rt. H_ s__d: "Wh_l_ w_ c_nn_t c_ncl_d_ c__s_t__n fr_m __r st_dy, th_ r_s_lts s_gg_st th_t __rly _r l_t_ b_dt_m_s m_y b_ m_r_ l_k_ly t_ d_sr_pt th_ b_dy cl_ck, w_th [n_g_t_v_] c_ns_q__nc_s f_r c_rd__v_sc_l_r h__lth." H_ s__d _t w_s _mp_rt_nt f_r __r b_dy t_ w_k_ _p t_ th_ m_rn_ng l_ght. H_ s__d: "Th_ r_sk__st t_m_ [t_ g_ t_ b_d] w_s _ft_r m_dn_ght b_c__s_ _t m_y r_d_c_ th_ l_k_l_h__d _f s___ng m_rn_ng l_ght, wh_ch r_s_ts th_ b_dy cl_ck." H_ _dd_d th_t w_ r_sk c_rd__v_sc_l_r d_s__s_ _f __r b_dy cl_ck _s n_t r_s_t pr_p_rly.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

everyone knows that going to bed early is good for our health scientists say they have found the healthiest time to go to bed researchers from the uk biobank say a bedtime of between 10pm and 11pm is best they say people who sleep between these times have a lower risk of heart disease six years ago the researchers collected data on the sleep patterns of 80000 volunteers the volunteers had to wear a special watch for seven days so the researchers could collect data on their sleeping and waking times the scientists then monitored the health of the volunteers around 3000 volunteers developed heart problems they went to bed earlier or later than the healthy 10pm to 11pm timeframe

one of the authors of the study dr david plans commented on his research and the effects of sleeping times on the health of our heart he said while we cannot conclude causation from our study the results suggest that early or late bedtimes may be more likely to disrupt the body clock with negative consequences for cardiovascular health he said it was important for our body 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 he added that we risk cardiovascular disease if our body clock is not reset properly

PUT A SLASH (/) WHERE THE SPACES ARE

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

Everyoneknowsthatgoingtobedearlyisgoodforourhealth.Scientistssaytheyhavefoundthehealthiesttimetogotobed.Researchersfromthe U.K.Biobanksayabedtimeofbetween10pmand11pmisbest.Theysay peoplewhosleepbetweenthesetimeshavealowerriskofheartdisease. Sixyearsago,theresearcherscollecteddataonthesleeppatternsof80, 000volunteers.Thevolunteershadtowearaspecialwatchforsevenday ssotheresearcherscouldcollectdataontheirsleepingandwakingtimes. Thescientiststhenmonitoredthehealthofthevolunteers.Around3,000 volunteersdevelopedheartproblems.Theywenttobedearlierorlaterth anthe"healthy"10pmto11pmtimeframe.Oneoftheauthorsofthestud y,DrDavidPlans,commentedonhisresearchandtheeffectsofsleepingt imesonthehealthofourheart.Hesaid:"Whilewecannotconcludecausa tionfromourstudy,theresultssuggestthatearlyorlatebedtimesmaybe morelikelytodisruptthebodyclock,with[negative]consequencesforc ardiovascularhealth."Hesaiditwasimportantforourbodytowakeuptot hemorninglight.Hesaid:"Theriskiesttime[togotobed]wasaftermidni ghtbecauseitmayreducethelikelihoodofseeingmorninglight,whichre setsthebodyclock."Headdedthatweriskcardiovasculardiseaseifourb odyclockisnotresetproperly.

FREE WRITING

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

Write about **bedtime** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

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

People should never go to bed late. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. BODY CLOCK: Make a poster about the body clock. Show your work to your classmates in the next lesson. Did you all have similar things?

4. BEDTIME: Write a magazine article about bedtime. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on bedtime. Ask him/her three questions about bedtime. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.	b	2.	e	3.	a	4.	c	5.	d	6.	g	7.	f
8.	j	9.	h	10.	k	11.	m	12.	i	13.	l	14.	n

TRUE / FALSE (p.5)

1 F 2 T 3 F 4 F 5 F 6 T 7 F 8 F

SYNONYM MATCH (p.5)

1. g	2. d	3. a	4. j	5. c
6. i	7. e	8. b	9. h	10. f

COMPREHENSION QUESTIONS (p.9)

1. Everyone
2. Between 10pm and 11pm
3. 80,000
4. A special watch
5. Around 3,000
6. One of the study's authors
7. Negative consequences
8. The morning light
9. After midnight
10. Our body clock

WORDS IN THE RIGHT ORDER (p.19)

1. Everyone knows going to bed early is good.
2. The healthiest time to go to bed.
3. They have a lower risk of heart disease.
4. The volunteers had to wear a special watch.
5. Scientists then monitored the health of the volunteers.
6. One of the authors of the study.
7. Be more likely to disrupt the body clock.
8. The riskiest time to sleep was after midnight.
9. It reduces the likelihood of seeing morning light.
10. If our body clock is not reset properly.

MULTIPLE CHOICE - QUIZ (p.10)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)