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Level 1 – 24th March, 2022

Sleeping with a light on can harm our health

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

<https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-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/2203/220324-sleeping-with-the-light-on-1.html>

Sleep is important for our health. It is important to sleep in the dark. Sleeping with the light on could be bad for us.

Turning off the light helps to keep away diabetes and heart disease. Around 40 per cent of people sleep with some sort of artificial light, like a television or alarm clock. The worst thing is sleeping with a main light. Sleeping in the dark is more difficult for people in cities. This is because there is a lot of outdoor light at night.

Dr Phyllis Zee is an expert in sleep medicine. She said it is healthier to turn off lights when we sleep. She did a study on the blood sugar levels of 20 people. The people who slept with a light on had higher sugar levels than those who slept in the dark. Dr Zee said light makes the brain active, which raises blood sugar. There are three things we can do: turn off the lights, never sleep with white or blue light; and wear an eye mask.

Sources: <https://www.thesun.co.uk/health/17945561/how-sleep-increase-risk-killer-disease/>
<https://www.smithsonianmag.com/smart-news/sleeping-with-even-a-dim-light-can-raise-blood-sugar-and-heart-rate-180979738/>
<https://news.yahoo.com/study-shows-light-during-nighttime-032500889.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-1.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|----------------------|
| 1. Sleep is important | a. the light |
| 2. It is important to | b. the light on |
| 3. Sleeping with | c. with a main light |
| 4. Turning off | d. light |
| 5. keep away diabetes | e. for our health |
| 6. some sort of artificial | f. clock |
| 7. alarm | g. sleep in the dark |
| 8. The worst thing is sleeping | h. and heart disease |

PARAGRAPH TWO:

- | | |
|--------------------------------|------------------------|
| 1. Dr Phyllis Zee is an expert | a. we can do |
| 2. it is healthier to | b. levels |
| 3. higher sugar | c. mask |
| 4. Dr Zee said light makes | d. white or blue light |
| 5. There are three things | e. in sleep medicine |
| 6. turn | f. the brain active |
| 7. never sleep with | g. turn off lights |
| 8. wear an eye | h. off the lights |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-1.html>

Sleep (1) _____ our health. It is important to sleep in the dark. Sleeping with (2) _____ could be bad for us. Turning off (3) _____ to keep away diabetes and heart disease. Around 40 per cent of people sleep with some sort (4) _____, like a television or alarm clock. The worst thing is sleeping with a main light. Sleeping in the dark is (5) _____ people in cities. This is because there is a lot of outdoor (6) _____.

Dr Phyllis Zee is (7) _____ sleep medicine. She said it is healthier to (8) _____ when we sleep. She did a study on the (9) _____ of 20 people. The people who slept with a light on had higher sugar levels than those (10) _____ the dark. Dr Zee said light makes the brain (11) _____ blood sugar. There are three things we can do: turn off the lights, never sleep with white or blue light; and (12) _____ mask.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-1.html>

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SLEEPING SURVEY

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on-4.html>

Write five GOOD questions about sleeping 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/2203/220324-sleeping-with-the-light-on-1.html>

Write about **sleeping** for 10 minutes. Read and talk about your partner’s paper.
