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Level 6 – 6th November 2023

Fatigue and sleeplessness are on the rise

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<https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

In today's increasingly hectic world, more and more of us are experiencing tiredness and fatigue. Experts say there is an increase in the condition chronic fatigue syndrome (CFS). This is a physical and mental disorder that makes us feel extremely tired. That tiredness does not go away even if we rest. Sleep specialist Sammy Margo said: "Our lifestyles are characterised by constant connectivity, high stress and inadequate sleep." Nutritionist Dr Rohini Patil said people with CFS suffer from a lack of energy that affects every aspect of their day. She said eating better can help, saying: "While there is no cure for CFS, a well-balanced diet can play a significant role in helping manage symptoms and boost energy levels."

Dr Ben Kelly, a specialist in preventative medicine at the UK's biggest healthcare charity, offered some advice about how to deal with fatigue and a lack of sleep. He advised people to try his three-step bedtime plan. Step one is to turn the lights off because light keeps our brain active. He said blue light from phones and laptops is "particularly harmful". The second step is a good room temperature of around 19°C. He said: "A cool room helps to reduce body temperature, which helps initiate sleep." The final step is to reduce all noise. As for food, life coach Simon Alexander Ong recommends we eat bananas to help us get a better night's rest. He said bananas contain chemicals that encourage sleep.

Sources: <https://www.mirror.co.uk/lifestyle/health/top-tips-fight-fatigue-having-31309481>
<https://indianexpress.com/article/lifestyle/food-wine/diet-for-chronic-fatigue-gives-energy-9001654/>
<https://www.nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/>

WARM-UPS

1. FATIGUE: Students walk around the class and talk to other students about fatigue. 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?

hectic / tiredness / fatigue / expert / physical / mental disorder / connectivity / energy preventative medicine / healthcare / charity / blue light / temperature / bananas

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

3. GO SLOW: Students A **strongly** believe the world should slow down and relax; Students B **strongly** believe that's not necessary. Change partners again and talk about your conversations.

4. SLEEP: How do these things affect sleep? How can we lessen their impact? Complete this table with your partner(s). Change partners often and share what you wrote.

	How?	Lessening Their Impact
Work		
Light		
Noise		
Food		
Temperature		
Worries		

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

6. TIREDNESS: Rank these with your partner. Put the things that make us most tired at the top. Change partners often and share your rankings.

- Memorizing vocabulary
- Exercise
- Work
- Shopping
- Warm weather
- A big meal
- Stress
- Children

VOCABULARY MATCHING

Paragraph 1

- | | |
|------------------|--|
| 1. hectic | a. Full of non-stop or crazy activity. |
| 2. expert | b. Make a disease go away with medical treatment. |
| 3. condition | c. A person who is very knowledgeable about or skillful in a particular area. |
| 4. characterised | d. The state of being linked with many people. |
| 5. connectivity | e. An illness or other medical problem. |
| 6. cure | f. Be typical or characteristic of. |
| 7. symptom | g. A physical or mental feature which is a sign of disease, particularly one that the patient can see or feel. |

Paragraph 2

- | | |
|------------------|---|
| 8. preventative | h. Cause a process or action to begin. |
| 9. charity | i. The degree or intensity of heat present in a substance or object. |
| 10. particularly | j. Designed to keep something undesirable such as illness or harm from occurring. |
| 11. temperature | k. A person who helps other people reach their goals. |
| 12. initiate | l. An organization set up to provide help and raise money for people in need. |
| 13. life coach | m. Give support, confidence, or hope to someone. |
| 14. encourage | n. To a higher degree than is usual or average. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

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

1. The article says we live in an increasingly tired world. **T / F**
2. A sleep disorder has greatly increased in the past decade. **T / F**
3. There is a fatigue disorder that does not go away despite sleeping. **T / F**
4. A cure for chronic fatigue syndrome was found last year. **T / F**
5. Dr Ben Kelly is a specialist in preventing medicine. **T / F**
6. Dr Ben Kelly has a three-step plan for dealing with sleeplessness. **T / F**
7. A great temperature for a room to sleep in is 19°C. **T / F**
8. Bananas contain chemicals that can help us sleep better. **T / F**

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

- | | |
|---------------------|---------------------|
| 1. hectic | a. manage |
| 2. chronic | b. ceaseless |
| 3. disorder | c. trigger |
| 4. constant | d. shut-eye |
| 5. boost | e. persistent |
| 6. advice | f. advocate |
| 7. deal with | g. fast and furious |
| 8. initiate | h. stimulate |
| 9. recommend | i. pointers |
| 10. rest | j. illness |

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

- | | |
|---|---------------------------|
| 1. In today's increasingly | a. particularly harmful |
| 2. more of us are experiencing tiredness | b. connectivity |
| 3. is an increase in the condition chronic | c. medicine |
| 4. Our lifestyles are characterised by constant | d. fatigue syndrome |
| 5. a well-balanced diet can play | e. rest |
| 6. a specialist in preventative | f. hectic world |
| 7. blue light from phones and laptops is | g. is to reduce all noise |
| 8. A cool room helps to reduce | h. and fatigue |
| 9. The final step | i. body temperature |
| 10. help us get a better night's | j. a significant role |

GAP FILL

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

In today's increasingly (1) _____ world, more and more of us are experiencing tiredness and fatigue. Experts say there is an (2) _____ in the condition chronic fatigue syndrome (CFS). This is a physical and mental disorder that makes us feel (3) _____ tired. That tiredness does not go away even if we rest. Sleep specialist Sammy Margo said: "Our lifestyles are characterised by (4) _____ connectivity, high stress and (5) _____ sleep." Nutritionist Dr Rohini Patil said people with CFS suffer from a (6) _____ of energy that affects every aspect of their day. She said eating better can help, saying: "While there is no (7) _____ for CFS, a well-balanced diet can play a significant role in helping manage symptoms and (8) _____ energy levels."

extremely
inadequate
cure
increase
boost
constant
hectic
lack

Dr Ben Kelly, a specialist in (9) _____ medicine at the UK's biggest healthcare charity, offered some advice about how to (10) _____ with fatigue and a lack of sleep. He advised people to try his three-step bedtime (11) _____. Step one is to turn the lights off because light keeps our brain active. He said blue light from phones and laptops is "(12) _____ harmful". The second step is a good room temperature of around 19°C. He said: "A cool room helps to (13) _____ body temperature, which helps (14) _____ sleep." The final step is to reduce all noise. As for food, life (15) _____ Simon Alexander Ong recommends we eat bananas to help us get a better night's rest. He said bananas contain (16) _____ that encourage sleep.

reduce
deal
chemicals
initiate
preventative
plan
coach
particularly

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

- 1) In today's increasingly hectic world, more and more of us are experiencing _____
 - a. tiredness and fatigued
 - b. tiredness end fatigue
 - c. tiredness and fatigue
 - d. tired mess and fatigue
- 2) the condition chronic fatigue syndrome (CFS). This is a physical _____
 - a. and mental this order
 - b. and mentally disorder
 - c. end mental disorder
 - d. and mental disorder
- 3) Sammy Margo said: "Our lifestyles are characterised _____"
 - a. by constantly connective
 - b. by constantly connectivity
 - c. by constant connectivity
 - d. by constant connective
- 4) Dr Rohini Patil said people with CFS suffer from a lack of energy that _____
 - a. effects every aspect
 - b. affects every aspect
 - c. infects every aspect
 - d. reflects every aspect
- 5) play a significant role in helping manage symptoms and _____
 - a. boast energy levels
 - b. baste energy levels
 - c. boost energy levels
 - d. boots energy levels
- 6) Dr Ben Kelly, a specialist in preventative medicine at the UK's _____
 - a. biggest healthy care charity
 - b. biggest healthcare charitable
 - c. biggest wealth care charitable
 - d. biggest healthcare charity
- 7) some advice about how to deal with fatigue and a _____
 - a. slack of sleep
 - b. lacks of sleep
 - c. lack of sleep
 - d. lack off sleep
- 8) He said blue light from phones and laptops _____
 - a. as particularly harmful
 - b. is particular harmful
 - c. is particularly charm full
 - d. is particularly harmful
- 9) A cool room helps to reduce body temperature, which _____
 - a. helps imitate sleep
 - b. helps irritate sleep
 - c. helps initiate sleep
 - d. help intimate sleep
- 10) He said bananas contain chemicals _____
 - a. that encourage sleep
 - b. what encourage sleep
 - c. that's encourage sleep
 - d. that encourage sleeps

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

In today's (1) _____, more and more of us are experiencing tiredness and fatigue. Experts say there is (2) _____ the condition chronic fatigue syndrome (CFS). This is a physical and mental disorder that makes (3) _____ tired. That tiredness does not go away even if we rest. Sleep specialist Sammy Margo said: "Our lifestyles are characterised (4) _____, high stress and inadequate sleep." Nutritionist Dr Rohini Patil said people with CFS suffer from a lack of energy that (5) _____ of their day. She said eating better can help, saying: "While there is no cure for CFS, a well-balanced diet can play a (6) _____ helping manage symptoms and boost energy levels."

Dr Ben Kelly, a (7) _____ medicine at the UK's biggest healthcare charity, offered some advice about how to (8) _____ and a lack of sleep. He advised people to try his three-step bedtime plan. Step one is to turn the lights off because light keeps our brain active. He said blue light from phones and laptops (9) _____. The second step is a good room temperature of around 19°C. He said: "A cool room helps to reduce body temperature, which (10) _____." The final step is to (11) _____. As for food, life coach Simon Alexander Ong recommends we eat bananas to help us get a better night's rest. He said bananas contain (12) _____ sleep.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

1. What does the article say today's world is?
2. What happens to chronic fatigue disorder if we rest?
3. What constant thing are our lives characterised by?
4. What's the job of Rohini Patil?
5. What can a well-balanced diet help us to boost?
6. What's Dr Ben Kelly a specialist in?
7. What did Dr Ben Kelly advise people to try?
8. What kind of light is it best to avoid while trying to sleep?
9. What room temperature is conducive to a good sleep?
10. What do bananas contain that help us get to a better night's rest?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

- 1) What does the article say today's world is?
 - a) on its last legs
 - b) a ball of confusion
 - c) nirvana
 - d) increasingly hectic
- 2) What happens to chronic fatigue disorder if we rest?
 - a) it slowly gets better
 - b) nothing
 - c) it gets worse
 - d) it disappears
- 3) What constant thing are our lives characterised by?
 - a) hope
 - b) stress
 - c) greed
 - d) connectivity
- 4) What's the job of Rohini Patil?
 - a) She's a sleep expert.
 - b) She's an expert on fatigue.
 - c) She's a nutritionist.
 - d) She's a journalist
- 5) What can a well-balanced diet help us to boost?
 - a) our intelligence
 - b) our weight
 - c) our eyesight
 - d) energy levels
- 6) What's Dr Ben Kelly a specialist in?
 - a) sleeplessness
 - b) fatigue
 - c) preventative medicine
 - d) many things
- 7) What did Dr Ben Kelly advise people to try?
 - a) his three-step bedroom plan
 - b) counting sheep
 - c) eating bananas
 - d) a new, softer pillow
- 8) What kind of light is it best to avoid while trying to sleep?
 - a) neon light
 - b) harsh light
 - c) blue light
 - d) red light
- 9) What room temperature is conducive to a good sleep?
 - a) 18°C
 - b) 19°C
 - c) 20°C
 - d) 21°C
- 10) What do bananas contain that help us get to a better night's rest?
 - a) chemicals
 - b) starch
 - c) magic
 - d) protein

ROLE PLAY

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

Role A – Memorizing Vocabulary

You think memorizing vocabulary is the thing that makes us tired most. Tell the others three reasons why. Tell them why their things don't make us tired. Also, tell the others which is the least likely of these to cause tiredness (and why): exercise, a big meal or stress.

Role B – Exercise

You think exercise is the thing that makes us tired most. Tell the others three reasons why. Tell them why their things don't make us tired. Also, tell the others which is the least likely of these to cause tiredness (and why): memorizing vocabulary, a big meal or stress.

Role C – A Big Meal

You think a big meal is the thing that makes us tired most. Tell the others three reasons why. Tell them why their things don't make us tired. Also, tell the others which is the least likely of these to cause tiredness (and why): exercise, memorizing vocabulary or stress.

Role D – Stress

You think stress is the thing that makes us tired most. Tell the others three reasons why. Tell them why their things don't make us tired. Also, tell the others which is the least likely of these to cause tiredness (and why): exercise, a big meal or memorizing vocabulary.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

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

fatigue	sleep
----------------	--------------

- 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:

<ul style="list-style-type: none">• hectic• condition• away• constant• lack• cure	<ul style="list-style-type: none">•specialist•lack•keeps•good•reduce•contain
--	---

FATIGUE SURVEY

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

Write five GOOD questions about fatigue 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.

FATIGUE 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 'fatigue'?
3. How often are you fatigued?
4. How hectic is your lifestyle?
5. What do you do when you are really, really tired?
6. How does extreme tiredness affect you?
7. How can we change our lives to relax more?
8. What are the good and bad things about 'constant connectivity'?
9. How does the food we eat affect our sleep?
10. What do you do to boost your energy levels?

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FATIGUE 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 'sleeplessness'?
13. What do you think about what you read?
14. How often do you experience sleeplessness?
15. What do you know about preventative medicine?
16. How does light affect your sleep?
17. How does room temperature affect your sleep?
18. How does noise affect your sleep?
19. Are bananas the answer?
20. What questions would you like to ask the experts?

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//2311/231106-fighting-fatigue.html>

In today's increasingly (1) _____ world, more and more of us are experiencing tiredness and fatigue. Experts say there is an increase in the (2) _____ chronic fatigue syndrome (CFS). This is a physical and mental disorder that makes us feel (3) _____ tired. That tiredness does not go away even if we rest. Sleep specialist Sammy Margo said: "Our lifestyles are characterised (4) _____ constant connectivity, high stress and inadequate sleep." Nutritionist Dr Rohini Patil said people with CFS suffer from a lack of energy that affects every (5) _____ of their day. She said eating better can help, saying: "While there is no cure for CFS, a well-balanced diet can play a significant role in helping manage symptoms and (6) _____ energy levels."

Dr Ben Kelly, a specialist (7) _____ preventative medicine at the UK's biggest healthcare charity, offered some advice about how to deal (8) _____ fatigue and a lack of sleep. He advised people to try his three-step bedtime plan. Step one is to turn the lights off because light (9) _____ our brain active. He said blue light from phones and laptops is "particularly harmful". The second step is a good room temperature of around 19°C. He said: "A cool room helps to reduce body temperature, which helps (10) _____ sleep." The final step is to reduce all noise. (11) _____ for food, life coach Simon Alexander Ong recommends we eat bananas to help us get a (12) _____ night's rest. He said bananas contain chemicals that encourage sleep.

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

- | | | | | |
|-----|-----------------|---------------|-----------------|-----------------|
| 1. | (a) hatrick | (b) hectic | (c) septic | (d) antic |
| 2. | (a) conditioner | (b) condition | (c) conditional | (d) conditioned |
| 3. | (a) extremism | (b) extremity | (c) extremes | (d) extremely |
| 4. | (a) on | (b) by | (c) at | (d) of |
| 5. | (a) inspect | (b) aspect | (c) specter | (d) sector |
| 6. | (a) boast | (b) blast | (c) boost | (d) baste |
| 7. | (a) on | (b) of | (c) in | (d) at |
| 8. | (a) by | (b) of | (c) with | (d) to |
| 9. | (a) maintains | (b) hoards | (c) retains | (d) keeps |
| 10. | (a) intimate | (b) imitate | (c) iterate | (d) initiate |
| 11. | (a) As | (b) That | (c) Now | (d) So |
| 12. | (a) well | (b) best | (c) better | (d) sleep |

SPELLING

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

Paragraph 1

1. In today's increasingly tehcic world
2. nriochc fatigue system
3. characterised by constant veotnincicyt
4. high stress and aetdaiuneq sleep
5. a well-balanced diet can play a cagnfniiist role
6. helping manage msomypt

Paragraph 2

7. a specialist in vintrvepetea medicine
8. the UK's biggest healthcare tyirahc
9. praailytulcr harmful
10. A cool room helps to reduce body aeperurtmet
11. which helps etinaiti sleep
12. iemslccha that encourage sleep

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

Number these lines in the correct order.

- (**1**) In today's increasingly hectic world, more and more of us are experiencing tiredness
- () connectivity, high stress and inadequate sleep." Nutritionist Dr Rohini Patil said people with CFS suffer from a lack
- () and fatigue. Experts say there is an increase in the condition chronic fatigue syndrome (CFS). This is a physical
- () offered some advice about how to deal with fatigue and a lack of sleep. He advised people to try his three-
- () step is to reduce all noise. As for food, life coach Simon Alexander Ong recommends
- () of energy that affects every aspect of their day. She said eating better can help, saying: "While there is no
- () Dr Ben Kelly, a specialist in preventative medicine at the UK's biggest healthcare charity,
- () away even if we rest. Sleep specialist Sammy Margo said: "Our lifestyles are characterised by constant
- () and mental disorder that makes us feel extremely tired. That tiredness does not go
- () cure for CFS, a well-balanced diet can play a significant role in helping manage symptoms and boost energy levels."
- () we eat bananas to help us get a better night's rest. He said bananas contain chemicals that encourage sleep.
- () step bedtime plan. Step one is to turn the lights off because light keeps our brain active. He said blue light
- () from phones and laptops is "particularly harmful". The second step is a good room temperature of around
- () 19°C. He said: "A cool room helps to reduce body temperature, which helps initiate sleep." The final

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

1. tiredness and fatigue . are More of us experiencing
2. that disorders make feel us tired . Mental extremely
3. constant connectivity . are Our characterised by lifestyles
4. CFS have of lack a with People energy .
5. significant role . a can well-balanced diet play A
6. Some how fatigue . advice to with deal about
7. light said particularly phones from harmful . He is
8. body cool room to temperature . reduce helps A
9. us Bananas night's help get better rest . a
10. encourage chemicals bananas sleep . contain that said He

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

In today's increasingly *hectic / septic* world, more and more of us are experiencing tiredness and fatigue. *Experts / Expertise* say there is an increase in the condition chronic fatigue syndrome (CFS). This is a *physical / physique* and mental disorder that makes us feel *extremity / extremely* tired. That tiredness does not go away even if we rest. Sleep *specialist / specialism* Sammy Margo said: "Our lifestyles are characterised by constant *connectivity / collectivity*, high stress and *inadequate / adequate* sleep." Nutritionist Dr Rohini Patil said people with CFS suffer from a lack of energy that affects every *inspect / aspect* of their day. She said eating better can help, saying: "While there is no *lure / cure* for CFS, a well-balanced diet can play a significant role in helping manage symptoms and *boast / boost* energy levels."

Dr Ben Kelly, a specialist in *preventative / tentative* medicine at the UK's biggest healthcare charity, offered some advice about how to deal *to / with* fatigue and a lack *on / of* sleep. He advised people to try his three-step bedtime plan. Step one is to turn the lights off because light *maintains / keeps* our brain active. He said blue light from phones and laptops is "*particularly / particular* harmful". The *second / secondly* step is a good room temperature of around 19°C. He said: "A cool room helps to *reduce / redact* body temperature, which helps *initiate / imitate* sleep." The final step is to reduce all noise. As for food, life *bus / coach* Simon Alexander Ong recommends we eat bananas to help us get a better night's rest. He said bananas contain chemicals that *entourage / encourage* sleep.

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

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

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

On today's increasingly hectic world, more and more of us are experiencing tiredness and fatigue. Experts say there's an increase in the condition Chronic Fatigue Syndrome (CFS). This is a physical and mental disorder that makes us feel extremely tired. That tiredness does not go away even if we rest. Sleep specialist Sanny Marg said: "Our lifestyles are characterised by constant connectivity, high stress and no quiet sleep." Nutritionist Dr Rhona Pital said people with CFS suffer from a lack of energy that affects every aspect of their day. She said eating better can help, saying: "While there's no cure for CFS, a well-balanced diet can play a significant role in helping manage symptoms and boost energy levels."

Dr Ben Kelly, a sleep specialist, can prevent the medical condition that the UK's biggest health charity, suffered some advice about how to deal with fatigue and a lack of sleep. He advised people to try his three-step bedtime plan. Step one is to turn the lights off, but also light kips are broken. He said bright light from phones and laptops is "particularly harmful". The second step is to get room temperature around 19°C. He said: "Cool room helps to reduce body temperature, which helps us to sleep." The final step is to reduce all noise. As for food, I feel like I'm going to get some ideas with a bedtime to help us get a better night's rest. He said bedtime counts on chemicals that encourage sleep.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

in today's increasingly hectic world more and more of us are experiencing tiredness and fatigue experts say there is an increase in the condition chronic fatigue syndrome cfs this is a physical and mental disorder that makes us feel extremely tired that tiredness does not go away even if we rest sleep specialist sammy margo said our lifestyles are characterised by constant connectivity high stress and inadequate sleep nutritionist dr rohini patil said people with cfs suffer from a lack of energy that affects every aspect of their day she said eating better can help saying while there is no cure for cfs a wellbalanced diet can play a significant role in helping manage symptoms and boost energy levels

dr ben kelly a specialist in preventative medicine at the uks biggest healthcare charity offered some advice about how to deal with fatigue and a lack of sleep he advised people to try his threestep bedtime plan step one is to turn the lights off because light keeps our brain active he said blue light from phones and laptops is particularly harmful the second step is a good room temperature of around 19c he said a cool room helps to reduce body temperature which helps initiate sleep the final step is to reduce all noise as for food life coach simon alexander ong recommends we eat bananas to help us get a better nights rest he said bananas contain chemicals that encourage sleep

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com//2311/231106-fighting-fatigue.html>

In today's increasingly hectic world, more and more of us are experiencing tiredness and fatigue. Experts say there is an increase in the condition chronic fatigue syndrome (CFS). This is a physical and mental disorder that makes us feel extremely tired. That tiredness does not go away even if we rest. Sleep specialist Sammy Margos said: "Our lifestyles are characterised by constant connectivity, high stress and inadequate sleep." Nutritionist Dr Rohini Patil said people with CFS suffer from a lack of energy that affects every aspect of their day. She said eating better can help, saying: "While there is no cure for CFS, a well-balanced diet can play a significant role in helping manage symptoms and boost energy levels." Dr Ben Kelly, a specialist in preventative medicine at the UK's biggest healthcare charity, offered some advice about how to deal with fatigue and a lack of sleep. He advised people to try his three-step bedtime plan. Step one is to turn the lights off because light keeps our brain active. He said blue light from phones and laptops is "particularly harmful". The second step is a good room temperature of around 19°C. He said: "A cool room helps to reduce body temperature, which helps initiate sleep." The final step is to reduce all noise. As for food, life coach Simon Alexander Ong recommends we eat banana to help us get a better night's rest. He said bananas contain chemicals that encourage sleep.

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. FATIGUE: Make a poster about fatigue. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SLOWING DOWN: Write a magazine article about the whole world slowing down to relax more. 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 fatigue. Ask him/her three questions about it. Give him/her three of your ideas on how to reduce it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Increasingly hectic
2. Nothing
3. Connectivity
4. She's a nutritionist
5. Energy levels
6. Preventative medicine
7. His three-step bedroom plan
8. Blue light
9. 19°C
10. Chemicals

WORDS IN THE RIGHT ORDER (p.19)

1. More of us are experiencing tiredness and fatigue.
2. Mental disorders that make us feel extremely tired.
3. Our lifestyles are characterised by constant connectivity.
4. People with CFS have a lack of energy.
5. A well-balanced diet can play a significant role.
6. Some advice about how to deal with fatigue.
7. He said light from phones is particularly harmful.
8. A cool room helps to reduce body temperature.
9. Bananas help us get a better night's rest.
10. He said bananas contain chemicals that encourage sleep.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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