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Level 6

Binge-watching television causes sleep problems

20th August, 2017

<http://www.breakingnewsenglish.com/1708/170820-binge-watching-tv.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

New research shows that binge-watching television can adversely affect your health. Binge-viewing involves excessive watching of back-to-back TV shows in a single sitting. It has become prevalent across the world with the advent of online streaming and downloading services. Researchers from the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium surveyed 423 people aged 18-25 on their TV-viewing habits. Their research found that binge-viewing greatly interrupted sleep patterns. Co-author Professor Jan Van den Bulck said: "Our study signals that binge-viewing is prevalent in young adults and that it may be harmful to their sleep."

The researchers asked participants about their sleep quality, levels of fatigue and prevalence of insomnia. They also enquired about their frequency of binge-watching programs on televisions, laptops and desktop computers. Over 80 per cent of the participants reported binge-watching, with 20 per cent doing so several times a week. Binge-watchers are 98 per cent more likely to experience poor sleep quality. A researcher said: "Bingeable TV shows have plots that keep the viewer tied to the screen. We think they become intensely involved with the content and may keep thinking about it when they want to go to sleep." She said this caused people problems when trying to sleep.

Sources: <http://www.news.com.au/national/breaking-news/checkup-medical-column-for-aug-18/news-story/9f016d4baf2e8f46c9b27b0eff5648a7>
<http://denver.cbslocal.com/2017/08/15/binge-watching-tv-shows-sleep-insomnia-study/>
<http://www.medicaldaily.com/binge-watching-turning-you-zombie-irl-421340>

WARM-UPS

1. WATCHING TV: Students walk around the class and talk to other students about watching TV. 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?

research / binge / excessive / prevalent / streaming / downloading / habits / sleep / fatigue / insomnia / frequency / laptops / several times a week / quality / content

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

3. BINGE-WATCHING: Students A **strongly** believe governments should stop binge-watching; Students B **strongly** believe that's a silly idea. Change partners again and talk about your conversations.

4. EXCESSIVE: What are the dangers of these things and how can they be overcome? Complete this table with your partner(s). Change partners often and share what you wrote.

	Dangers	Dealing with them
Watching TV		
Drinking		
Eating		
Studying		
Shopping		
Running		

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

6. TV SHOWS: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- dramas
- news
- documentaries
- sports
- nature
- music
- comedy
- chat show

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

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

- a. Binge-watching involves looking at back-to-back TV shows. **T / F**
- b. The advent of streaming has increased binge-watching television. **T / F**
- c. Researchers looked at over 400 20-year-olds. **T / F**
- d. Researchers say binge-watching is very common among young people. **T / F**
- e. Over 80% of the participants said they binge-watched. **T / F**
- f. Binge-watchers are 98% less likely to suffer from sleeping problems. **T / F**
- g. 'Bingeable' shows generally have weaker plots. **T / F**
- h. When people think about TV shows, they get to sleep more quickly. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|---------------------|------------------|
| 1. adversely | a. a number of |
| 2. excessive | b. widespread |
| 3. prevalent | c. tiredness |
| 4. surveyed | d. material |
| 5. interrupt | e. negatively |
| 6. fatigue | f. created |
| 7. insomnia | g. obstruct |
| 8. several | h. extreme |
| 9. content | i. sleeplessness |
| 10. caused | j. interviewed |

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

- | | |
|--|-----------------------|
| 1. binge-watching television can adversely | a. to their sleep |
| 2. excessive watching of back-to- | b. patterns |
| 3. It has become prevalent | c. to the screen |
| 4. greatly interrupted sleep | d. across the world |
| 5. it may be harmful | e. fatigue |
| 6. levels of | f. times a week |
| 7. televisions, laptops and | g. affect your health |
| 8. doing so several | h. content |
| 9. plots that keep the viewer tied | i. desktop computers |
| 10. become intensely involved with the | j. back TV shows |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

New research shows that binge-watching television can (1) _____ affect your health. Binge-viewing involves (2) _____ watching of back-to-back TV shows in a single sitting. It has become prevalent across the world with the (3) _____ of online streaming and downloading (4) _____. Researchers from the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium (5) _____ 423 people aged 18-25 on their TV-viewing habits. Their research found that binge-viewing greatly (6) _____ sleep patterns. Co-author Professor Jan Van den Bulck said: "Our study (7) _____ that binge-viewing is prevalent in young adults and that it may be (8) _____ to their sleep."

advent
surveyed
harmful
adversely
signals
services
excessive
interrupted

The researchers asked (9) _____ about their sleep quality, levels of fatigue and prevalence of (10) _____. They also enquired about their frequency of binge-watching programs on televisions, (11) _____ and desktop computers. Over 80 per cent of the participants reported binge-watching, with 20 per cent doing so (12) _____ times a week. Binge-watchers are 98 per cent more likely to experience (13) _____ sleep quality. A researcher said: "Bingeable TV shows have plots that keep the (14) _____ tied to the screen. We think they become intensely involved with the (15) _____ and may keep thinking about it when they want to go to sleep." She said this caused people (16) _____ when trying to sleep.

laptops
problems
insomnia
poor
content
participants
several
viewer

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

- 1) New research shows that binge-watching television can adversely _____
 - a. affects your health
 - b. affected your health
 - c. affect your health
 - d. affective your health
- 2) involves excessive watching of back-to-back TV shows in _____
 - a. a single's sitting
 - b. a single sitting
 - c. a singled sitting
 - d. a singlet sitting
- 3) It has become prevalent across the world with the _____ streaming
 - a. advent of online
 - b. advent off online
 - c. advent of offline
 - d. advent off offline
- 4) Research in Belgium surveyed 423 people aged 18-25 on their TV-_____
 - a. viewing habit
 - b. view in habitual
 - c. viewing habits
 - d. view in habits
- 5) Professor Jan Van den Bulck said: "Our study signals that binge-_____
 - a. viewing is prevalence
 - b. viewing is prevalently
 - c. viewing is prevalences
 - d. viewing is prevalent
- 6) The researchers asked participants about their sleep quality, _____
 - a. levels of intrigue
 - b. levels of frantic
 - c. levels of fatigue
 - d. levels of fragile
- 7) their frequency of binge-watching programs on televisions, _____ computers
 - a. laptops and desktops
 - b. laptops and desktop
 - c. laptop and desktop
 - d. laptop and desktops
- 8) Binge-watchers are 98 per cent more likely to experience _____
 - a. poor sleep quality
 - b. poor sleeps quality
 - c. poor sleeping quality
 - d. poor sleeper quality
- 9) Bingeable TV shows have plots that keep the viewer _____
 - a. tried to the screen
 - b. tied to the screen
 - c. tide to the screen
 - d. tired to the screen
- 10) We think they become intensely involved _____
 - a. with the content
 - b. with the contents
 - c. with the contented
 - d. with the consent

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

New research shows that binge-watching television (1) _____ your health. Binge-viewing involves excessive watching of back-to-back TV (2) _____ sitting. It has become prevalent across the world with the (3) _____ streaming and downloading services. Researchers from the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium surveyed 423 (4) _____-25 on their TV-viewing habits. Their research found that binge-viewing greatly (5) _____ patterns. Co-author Professor Jan Van den Bulck said: "Our study signals that binge-viewing is prevalent in young adults and that it may (6) _____ their sleep."

The researchers asked participants about their sleep quality (7) _____ and prevalence of insomnia. They also enquired about (8) _____ binge-watching programs on televisions, laptops and desktop computers. Over 80 per cent of the participants reported binge-watching, with 20 per cent doing (9) _____ a week. Binge-watchers are 98 per cent more likely to experience poor sleep quality. A researcher said: "Bingeable TV shows (10) _____ keep the (11) _____ the screen. We think they become intensely involved with the content and may keep thinking about it when they want to go to sleep." She (12) _____ people problems when trying to sleep.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

1. How does new research say binge-watching TV can affect your health?
2. How many sittings does binge-watching TV involve?
3. How many young people did researchers look at?
4. What did researchers say binge-viewing greatly interrupted?
5. In what kind of people is binge-viewing prevalent?
6. What levels did researchers ask participants about?
7. What percentage of participants reported binge-watching TV?
8. How much likelier is it for binge-watchers to have poor sleep quality?
9. What do "bingeable" TV shows tie viewers to?
10. What do binge-watchers think about when they want to sleep?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

- 1) How does new research say binge-watching TV can affect your health?
 - a) slightly
 - b) adversely
 - c) seriously
 - d) totally
- 2) How many sittings does binge-watching TV involve?
 - a) 4
 - b) 3
 - c) 2
 - d) 1
- 3) How many young people did researchers look at?
 - a) 423
 - b) 324
 - c) 243
 - d) 432
- 4) What did researchers say binge-viewing greatly interrupted?
 - a) television
 - b) viewing habits
 - c) sleep patterns
 - d) the remote control
- 5) In what kind of people is binge-viewing prevalent?
 - a) children
 - b) young adults
 - c) TV addicts
 - d) actors
- 6) What levels did researchers ask participants about?
 - a) fatigue levels
 - b) high levels
 - c) sleep levels
 - d) viewing levels
- 7) What percentage of participants reported binge-watching TV?
 - a) around 80%
 - b) fewer than 80%
 - c) more than 80%
 - d) exactly 80%
- 8) How much likelier is it for binge-watchers to have poor sleep quality?
 - a) 98%
 - b) 88%
 - c) 78%
 - d) 68%
- 9) What do "bingeable" TV shows tie viewers to?
 - a) the screen
 - b) remote controls
 - c) endings
 - d) the Internet
- 10) What do binge-watchers think about when they want to sleep?
 - a) nicer televisions
 - b) actors
 - c) sheep
 - d) TV show content

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

Role A – Documentaries

You think documentaries are the best TV shows. Tell the others three reasons why. Tell them what is wrong with their shows. Also, tell the others which is the least interesting of these (and why): news programmes, comedy shows or chat shows.

Role B – News

You think news programmes are the best TV shows. Tell the others three reasons why. Tell them what is wrong with their shows. Also, tell the others which is the least interesting of these (and why): documentaries, comedy shows or chat shows.

Role C – Comedy

You think comedy shows are the best TV shows. Tell the others three reasons why. Tell them what is wrong with their shows. Also, tell the others which is the least interesting of these (and why): news programmes, documentaries or chat shows.

Role D – Chat Shows

You think chat shows are the best TV shows. Tell the others three reasons why. Tell them what is wrong with their shows. Also, tell the others which is the least interesting of these (and why): news programmes, comedy shows or documentaries.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

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

binge	watch
--------------	--------------

- 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">• shows• back• services• 423• patterns• young	<ul style="list-style-type: none">• levels• computers• 20• 98• tied• caused
--	--

WATCHING TV SURVEY

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

Write five GOOD questions about watching TV 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.

WATCHING TV 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 'watch'?
3. How important is TV to you?
4. How much TV-watching is too much?
5. What are the good and bad things about television?
6. What are your favourite TV shows?
7. How important is streaming for TV shows?
8. Are viewing habits different for older and younger people?
9. What experiences do you have of binge-watching?
10. In what ways might TV harm our health?

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WATCHING TV 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 'television'?
13. What do you think about what you read?
14. What would life be like without television?
15. How are your levels of fatigue and insomnia?
16. Is it best to watch shows on TV or computers?
17. Should governments do something about binge-viewing?
18. What shows keep you glued to the TV screen?
19. What do you do if you can't sleep?
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 <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

New research shows that binge-watching television can (1) _____ affect your health. Binge-viewing involves (2) _____ watching of back-to-back TV shows in a single sitting. It has become prevalent across the world with the (3) _____ of online streaming and downloading services. Researchers from the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium surveyed 423 people (4) _____ 18-25 on their TV-viewing habits. Their research found that binge-viewing (5) _____ interrupted sleep patterns. Co-author Professor Jan Van den Bulck said: "Our study signals that binge-viewing is prevalent (6) _____ young adults and that it may be harmful to their sleep."

The researchers asked participants about their sleep quality, levels of (7) _____ and prevalence of insomnia. They also (8) _____ about their frequency of binge-watching programs on televisions, laptops and desktop computers. Over 80 per cent of the participants reported binge-watching, (9) _____ 20 per cent doing so several times a week. Binge-watchers are 98 per cent more (10) _____ to experience poor sleep quality. A researcher said: "Bingeable TV shows have (11) _____ that keep the viewer tied to the screen. We think they become intensely involved with the content and may keep thinking about it when they want to go to sleep." She said this (12) _____ people problems when trying to sleep.

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

- | | | | | |
|-----|---------------|---------------|----------------|----------------|
| 1. | (a) reverse | (b) adversely | (c) conversely | (d) adverse |
| 2. | (a) recessive | (b) excessive | (c) successive | (d) successful |
| 3. | (a) solvent | (b) invent | (c) convent | (d) advent |
| 4. | (a) aging | (b) aged | (c) ages | (d) ageless |
| 5. | (a) great | (b) greatly | (c) greater | (d) greatness |
| 6. | (a) on | (b) at | (c) in | (d) of |
| 7. | (a) vague | (b) vogue | (c) fatigue | (d) rogue |
| 8. | (a) required | (b) inquired | (c) enquired | (d) acquired |
| 9. | (a) without | (b) wither | (c) within | (d) with |
| 10. | (a) likely | (b) liked | (c) likelihood | (d) likeable |
| 11. | (a) plots | (b) pleats | (c) pilots | (d) plates |
| 12. | (a) ceased | (b) cased | (c) caused | (d) casted |

SPELLING

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

Paragraph 1

1. rdvlyaees affect your health
2. involves ecseisxev watching
3. It has become eveprtaln across the world
4. eydvrseu 423 people
5. greatly rnetdertipu sleep patterns
6. Our study nglasis that

Paragraph 2

7. The researchers asked sppianacirtt
8. levels of fagiuet
9. their ryfeucneq of binge-watching
10. doing so lrsavee times a week
11. keep the irwvee tied to the screen
12. become entnylsie involved

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

Number these lines in the correct order.

- () excessive watching of back-to-back TV shows in a single sitting. It has become prevalent across
- () prevalent in young adults and that it may be harmful to their sleep."
- () and desktop computers. Over 80 per cent of the participants reported binge-watching, with 20 per cent doing
- () screen. We think they become intensely involved with the content and may keep thinking about it when they want
- (**1**) New research shows that binge-watching television can adversely affect your health. Binge-viewing involves
- () the world with the advent of online streaming and downloading services. Researchers from the University of Michigan
- () so several times a week. Binge-watchers are 98 per cent more likely to experience poor sleep
- () quality. A researcher said: "Bingeable TV shows have plots that keep the viewer tied to the
- () to go to sleep." She said this caused people problems when trying to sleep.
- () insomnia. They also enquired about their frequency of binge-watching programs on televisions, laptops
- () their TV-viewing habits. Their research found that binge-viewing greatly interrupted sleep
- () patterns. Co-author Professor Jan Van den Bulck said: "Our study signals that binge-viewing is
- () in the USA and the Leuven School for Mass Communication Research in Belgium surveyed 423 people aged 18-25 on
- () The researchers asked participants about their sleep quality, levels of fatigue and prevalence of

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

1. can Binge- adversely affect watching your television health .
2. a TV to of- single shows back- sitting in back Watching .
3. has prevalent the It become across world .
4. patterns Research viewing found interrupted that sleep binge- .
5. viewing signals is that prevalent binge- Our study .
6. quality asked about sleep Researchers participants their .
7. frequency They of enquired binge- about their watching .
8. have shows TV screen the to tied viewer the keep that plots .
9. They intensely with content become involved the .
10. to said people trying She caused when sleep this problems .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

New research shows that binge-watching television can *adverse / adversely* affect your health. Binge-viewing involves *excessive / inclusive* watching of back-to-back TV shows in a *singles / single* sitting. It has become *prevalence / prevalent* across the world with the *advent / advert* of online streaming and downloading services. Researchers from the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium *surveyed / surveyor* 423 people *aged / ages* 18-25 on their TV-viewing habits. Their research found that binge-viewing *greatly / grate* interrupted sleep patterns. Co-author Professor Jan Van den Bulck said: "Our study signals *that / what* binge-viewing is prevalent in young adults and that it may be *harmful / harmfully* to their sleep."

The researchers asked participants about their sleep *qualify / quality*, levels of fatigue and prevalence of *insomnia / insomniac*. They also enquired about their *frequency / frequently* of binge-watching programs on televisions, laptops and desktop computers. Over 80 per cent of the *participates / participants* reported binge-watching, with 20 per cent doing *so / such* several times a week. Binge-watchers are 98 per cent more *likelihood / likely* to experience poor sleep quality. A researcher said: "Bingeable TV shows have *plates / plots* that keep the viewer *tied / tiered* to the screen. We think they become *intensely / intense* involved with the content and may keep thinking about it when they want to go to sleep." She said this *causal / caused* people problems when trying to sleep.

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 <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

N_w r_s__rch sh_ws th_t b_ng_-w_tch_ng t_l_v_s__n
c_n _dv_rs_ly _ff_ct y__r h__lth. B_ng_-v__w_ng
_nv_lv_s _xc_ss_v_ w_tch_ng _f b_ck-t_-b_ck TV sh_ws
_n _s_ngl_ s_tt_ng. _t h_s b_c_m_ pr_v_l_nt _cr_ss
th_ w_rld w_th th_ _dv_nt _f _nl_n_ str__m_ng _nd
d_wnl__d_ng s_rv_c_s. R_s__rch_rs fr_m th_
_n_v_rs_ty _f M_ch_g_n _n th_ _S_ _nd th_ L__v_n
Sch__l_f_r M_ss C_mm_n_c_t__n R_s__rch _n B_lg__m
s_rv_y_d 423 p__pl_ _g_d 18-25 _n th__r TV-v__w_ng
h_b_ts. Th__r r_s__rch f__nd th_t b_ng_-v__w_ng
gr__tly _nt_rr_pt_d sl__p p_tt_rns. C_-_th_r
Pr_f_ss_r J_n V_n d_n B_lck s__d: "_r st_dy s_gn_ls
th_t b_ng_-v__w_ng _s pr_v_l_nt _n y__ng _d_lts _nd
th_t _t m_y b_ h_rmf_l_t_ th__r sl__p."

Th_ r_s__rch_rs _sk_d p_rt_c_p_nts _b__t th__r sl__p
q__l_ty, l_v_ls _f f_t_g__ _nd pr_v_l_nc_ _f
_ns_mn__. Th_y _ls _nq__r_d _b__t th__r fr_q__ncy
_f b_ng_-w_tch_ng pr_gr_ms _n t_l_v_s__ns, l_pt_ps
_nd d_skt_p_c_m_p_t_rs. _v_r 80 p_r_c_nt _f th_
p_rt_c_p_nts r_p_rt_d b_ng_-w_tch_ng, w_th 20 p_r
c_nt d__ng s_s_v_r_l_t_m_s _w__k. B_ng_-w_tch_rs
_r 98 p_r_c_nt m_r_l_k_ly t__xp_r__nc_p__r sl__p
q__l_ty. _r_s__rch_r_s__d: "B_ng__bl_ TV sh_ws h_v_
pl_ts th_t k__p th_ v__w_r_t_d t_ th_ scr__n. W_
th_nk th_y b_c_m_ _nt_ns_ly _nv_lv_d w_th th_
c_nt_nt _nd m_y k__p th_nk_ng _b__t _t wh_n th_y
w_nt t_ g_ t_ sl__p." Sh_ s__d th_s c__s_d p__pl_
pr_bl_ms wh_n try_ng t_ sl__p.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1708/170820-binge-watching-tv.html>

new research shows that binge-watching television can adversely affect your health binge-viewing involves excessive watching of back-to-back tv shows in a single sitting it has become prevalent across the world with the advent of online streaming and downloading services researchers from the university of michigan in the usa and the leuven school for mass communication research in belgium surveyed 423 people aged 18-25 on their tv-viewing habits their research found that binge-viewing greatly interrupted sleep patterns co-author professor jan van den bulck said "our study signals that binge-viewing is prevalent in young adults and that it may be harmful to their sleep"

the researchers asked participants about their sleep quality levels of fatigue and prevalence of insomnia they also enquired about their frequency of binge-watching programs on televisions laptops and desktop computers over 80 per cent of the participants reported binge-watching with 20 per cent doing so several times a week binge-watchers are 98 per cent more likely to experience poor sleep quality a researcher said "bingeable tv shows have plots that keep the viewer tied to the screen we think they become intensely involved with the content and may keep thinking about it when they want to go to sleep" she said this caused people problems when trying to sleep

PUT A SLASH (/) WHERE THE SPACES ARE

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New research shows that binge-watching television can adversely affect your health. Binge-viewing involves excessive watching of back-to-back TV shows in a single sitting. It has become prevalent across the world with the advent of online streaming and downloading services. Researchers from the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium surveyed 423 people aged 18-25 on their TV-viewing habits. Their research found that binge-viewing greatly interrupted sleep patterns. Co-author Professor Jan Vanden Bulck said: "Our study signals that binge-viewing is prevalent in young adults and that it may be harmful to their sleep." The researchers asked participants about their sleep quality, level of fatigue and prevalence of insomnia. They also enquired about their frequency of binge-watching programs on televisions, laptops and desktop computers. Over 80 percent of the participants reported binge-watching, with 20 percent doing so several times a week. Binge-watchers are 98 percent more likely to experience poor sleep quality. A researcher said: "Bingeable TV shows have plots that keep the viewer tied to the screen. We think they become intensely involved with the content and may keep thinking about it when they want to go to sleep." She said this caused people problems when trying to 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. Share what you discover with your partner(s) in the next lesson.

3. WATCHING TV: Make a poster about watching TV. Show your work to your classmates in the next lesson. Did you all have similar things?

4. BINGE-VIEWING: Write a magazine article about binge-watching TV. Include imaginary interviews with people who are for and against it.

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 binge-watching TV. Ask him/her three questions about it. Give him/her three of your opinions on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b T c F d T e T f F g F h F

SYNONYM MATCH (p.4)

- | | |
|--------------|------------------|
| 1. adversely | a. negatively |
| 2. excessive | b. extreme |
| 3. prevalent | c. widespread |
| 4. surveyed | d. interviewed |
| 5. interrupt | e. obstruct |
| 6. fatigue | f. tiredness |
| 7. insomnia | g. sleeplessness |
| 8. several | h. a number of |
| 9. content | i. material |
| 10. caused | j. created |

COMPREHENSION QUESTIONS (p.8)

1. Adversely
2. One
3. 423
4. Sleep patterns
5. Young adults
6. Levels of fatigue
7. Over 80%
8. 98%
9. TV screens
10. TV show content

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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