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Level 1

Going to bed late shortens our life, says study

16th April, 2018

<https://breakingnewsenglish.com/1804/180416-sleeping-late-1.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-1.html>

Going to bed late may be bad for us. It could shorten our life. A study in the UK looked at 430,000 adults between the ages of 38 and 73. Researchers compared the deaths of people who went to bed early to those who went to bed late. People who go to bed late were 10 per cent more likely to die earlier. People who sleep late were at a higher risk of health problems or an early death compared to people who sleep early and wake up early.

A researcher said working hours should change. He said this was a public health issue that we need to look at. He said people should start and finish work later in the day so they can sleep more. Late sleepers have a higher risk of mental problems, diabetes, and breathing problems. They also smoke, drink alcohol and take drugs more. Different sleeping patterns at weekends could also cause health problems for late sleepers.

Sources: <http://abcnews.go.com/Health/bad-news-night-owls-people-bed-higher-risk/story?id=54430501>
<https://www.cbsnews.com/news/bad-news-for-night-owls-late-risers-may-die-sooner-study-finds/>
<https://www.livescience.com/20880-morning-people-happier.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------|-------------------|
| 1. Going to bed late may | a. to die earlier |
| 2. between the ages | b. sleep early |
| 3. Researchers compared | c. of 38 and 73 |
| 4. People who go | d. early |
| 5. more likely | e. the deaths |
| 6. a higher risk of health | f. to bed late |
| 7. people who | g. problems |
| 8. wake up | h. be bad for us |

PARAGRAPH TWO:

- | | |
|--------------------------------|----------------------|
| 1. working hours should | a. problems |
| 2. this was a public | b. the day |
| 3. finish work later in | c. for late sleepers |
| 4. have a higher | d. change |
| 5. mental | e. at weekends |
| 6. take drugs | f. risk |
| 7. Different sleeping patterns | g. health issue |
| 8. cause health problems | h. more |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-1.html>

Going to bed late may (1) _____ us. It could shorten our life. A study in the UK looked at 430,000 adults between (2) _____ 38 and 73. Researchers compared (3) _____ people who went to bed early to those who went to bed late. People who go to bed late were 10 per cent more (4) _____ earlier. People who sleep late were at (5) _____ of health problems or an early death compared to people who sleep (6) _____ up early.

A researcher said working (7) _____. He said this was a public health issue that we (8) _____ at. He said people should start and finish work (9) _____ day so they can sleep more. Late sleepers have a higher risk of mental problems, diabetes, (10) _____. They also smoke, drink alcohol and (11) _____. Different sleeping patterns at weekends (12) _____ health problems for late sleepers.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-1.html>

Going to bed late may be bad for us. It could shorten our life. A study in the UK looked at 430,000 adults between the ages of 38 and 73. Researchers compared the deaths of people who went to bed early to those who went to bed late. People who got to bed late were 10 percent more likely to die earlier. People who sleep late were at a high risk of health problems or an early death compared to people who sleep early and wake up early. A researcher said working hours should change. He said this was a public health issue that we need to look at. He said people should start and finish work later in the day so they can sleep more. Late sleepers have a high risk of mental problems, diabetes, and breathing problems. They also smoke, drink alcohol and take drugs more. Different sleeping patterns at weekends could also cause health problems for late sleepers.

SLEEPING LATE SURVEY

From <https://breakingnewsenglish.com/1804/180416-sleeping-late-4.html>

Write five GOOD questions about sleeping late 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) _____

