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Level 5 – 31st July, 2018

Sleeping with a fan could be bad for us

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<https://breakingnewsenglish.com/1807/180731-fans-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1807/180731-fans-5.html>

Many people need a fan to sleep. Scientists say this could be bad for us. This is bad news for those of us unable to sleep in the current hot weather. Sleep experts at the website Sleep Advisor say there are many reasons why the use of a fan is bad for our health. Fans cause problems for people with asthma. They cause dust and pollen to circulate around the room and add to an asthmatic's sleeplessness. Circulating air can dry out and irritate your eyes and mouth, which makes it difficult to sleep. Fans also cool the air and can make muscles tense up and cramp.

Other sleep experts disagree and say fans are not a danger to health. A specialist on the respiratory system, said: "There's nothing about a fan that's toxic. There's nothing wrong with circulating air." If a fan stops us sweating, it will help us sleep. People should keep fans at a safe distance from their bed and not have them blowing at their body. It is also a good idea to put an air filter in the bedroom to reduce the levels of dust. A fan may be better than an air conditioner, which can chill the sweat on our body and cause us to wake up with a cold.

Sources: <https://www.cbsnews.com/news/is-sleeping-with-a-fan-on-bad-for-your-health/>
<https://thefreshtoast.com/culture/sleeping-with-a-fan-on-is-bad-for-you/>
<http://www.eadt.co.uk/news/sleeping-with-a-fan-on-health-problems-warning-1-5626619>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1807/180731-fans-5.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|------------------------|
| 1. unable to sleep in the | a. with asthma |
| 2. why the use of a fan is bad | b. eyes |
| 3. Fans cause problems for people | c. current hot weather |
| 4. cause dust and pollen | d. up and cramp |
| 5. add to an asthmatic's | e. to circulate |
| 6. irritate your | f. to sleep |
| 7. makes it difficult | g. for our health |
| 8. make muscles tense | h. sleeplessness |

PARAGRAPH TWO:

- | | |
|-----------------------------|-----------------------|
| 1. Other sleep experts | a. an air conditioner |
| 2. the respiratory | b. distance |
| 3. circulating | c. with a cold |
| 4. keep fans at a safe | d. disagree |
| 5. reduce the levels | e. system |
| 6. A fan may be better than | f. our body |
| 7. chill the sweat on | g. of dust |
| 8. wake up | h. air |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1807/180731-fans-5.html>

Many people (1) _____ to sleep. Scientists say this could be bad for us. This is bad news for (2) _____ unable to sleep in the current hot weather. Sleep (3) _____ website Sleep Advisor say there are many reasons why the use of a fan is bad for our health. Fans (4) _____ people with asthma. They cause dust and pollen to circulate around the room and add to an asthmatic's sleeplessness. Circulating (5) _____ out and irritate your eyes and mouth, which makes it difficult to sleep. Fans also cool the air and can make muscles (6) _____ cramp.

Other sleep experts disagree and (7) _____ not a danger to health. A specialist on the respiratory system, said: "There's nothing about a fan that's toxic. There's (8) _____ circulating air." If a fan stops us sweating, it will help us sleep. People should keep fans at a safe distance from their bed and not (9) _____ at their body. It is also a good idea to put an air filter in the bedroom (10) _____ levels of dust. A fan (11) _____ than an air conditioner, which can chill the sweat on our body and cause us (12) _____ with a cold.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1807/180731-fans-5.html>

Many people need a fan to sleep. Scientists say this could be bad for us. This is bad news for those of us unable to sleep in the current hot weather. Sleep experts at the website SleepAdvisors say there are many reasons why the use of a fan is bad for our health. Fans cause problems for people with asthma. They caused dust and pollen to circulate around the room and add to a person's sleeplessness. Circulating air can dry out and irritate your eyes and mouth, which makes it difficult to sleep. Fans also cool the air and can make muscles tense up and cramp. Other sleep experts disagree and say fans are not a danger to health. A specialist on the respiratory system, said: "There's nothing about a fan that's toxic. There's nothing wrong with circulating air." If a fan stops sweating, it will help you sleep. People should keep fans at a safe distance from their bed and not have them blowing at their body. It is also a good idea to put an air filter in the bedroom to reduce the level of dust. A fan may be better than an air conditioner, which can chill the sweat on our body and cause us to wake up with a cold.

FANS SURVEY

From <https://breakingnewsenglish.com/1807/180731-fans-4.html>

Write five GOOD questions about fans 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) _____

