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Ready-to-Use English Lessons by Sean Banville

Level 0 – 11th November, 2021

Going to bed at 10pm linked to lower heart disease

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https://breakingnewsenglish.com/2111/211111-bedtime-0.html

Contents

Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

We all know that going to bed early is healthy. Scientists say the healthiest time is between 10pm and 11pm. Six years ago, the scientists looked at the sleeping and waking times of 80,000 people. They then checked their health for six years. Many people who went to bed earlier than 10pm or later than 11pm got heart disease.

A scientist spoke about how our body clock affects our heart. He said going to bed early or late could change our body clock. This may be bad for our heart. He said our body liked to wake up to morning light. He said the riskiest sleeping time was after midnight because the body may not see the morning light.

Sources: https://www.**bbc.com**/news/health-59204831
https://www.**theguardian.com**/lifeandstyle/2021/nov/09/sleep-at-10pm-linked-to-lower-risk-of-heart-disease-study-finds
https://www.**msn.com**/en-us/health/medical/this-is-the-optimal-bedtime-to-stave-off-heart-disease-researchers-say/ar-AAQtsmT

PHRASE MATCHING

From

PARAGRAPH ONE:

1.	We all know	a.	and 11pm
2.	going to bed early	b.	disease
3.	the healthiest	c.	that
4.	between 10pm	d.	time
5.	sleeping and	e.	checked their health
6.	They then	f.	is healthy
7.	Many people who went	g.	waking times
8.	heart	h.	to bed earlier

PARAGRAPH TWO:

1.	how our body clock	a.	may not
2.	going to bed early or	b.	for our heart
3.	This may be bad	c.	light
4.	our body liked to	d.	time
5.	the riskiest sleeping	e.	midnight
6.	after	f.	affects our heart
7.	the body	g.	wake up
8.	see the morning	h.	late

LISTEN AND FILL IN THE GAPS

We all know that going to bed (1) _____.

Scientists say (2) _____ is between 10pm and

11pm. (3) _____, the scientists looked at the

sleeping (4) _____ of 80,000 people. They then

(5) _____ for six years. Many people who went

to bed earlier than 10pm or later than 11pm

(6) _____.

(7) _____ about how our body

(8) _____ heart. He said going to bed early or

late could change our body clock. This (9) _____

for our heart. He said our body (10) _____ up to

morning light. He (11) _____ sleeping time was

after midnight because the body may not see

(12) _____.

PUT A SLASH (/)WHERE THE SPACES ARE

Weallknowthatgoingtobedearlyishealthy.Scientistssaythehealthies

ttimeisbetween10pmand11pm.Sixyearsago,thescientistslookedatt

hesleepingandwakingtimesof80,000people.Theythencheckedtheir

healthforsixyears.Manypeoplewhowenttobedearlierthan10pmorlat

erthan11pmgotheartdisease.Ascientistspokeabouthowourbodycloc

kaffectsourheart.Hesaidgoingtobedearlyorlatecouldchangeourbody

clock.Thismaybebadforourheart.Hesaidourbodylikedtowakeuptom

orninglight.Hesaidtheriskiestsleepingtimewasaftermidnightbecaus

ethebodymaynotseethemorninglight.

BEDTIME SURVEY

Write five GOOD questions about bedtime 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

Write about **bedtime** for 10 minutes. Read and talk about your partner's paper.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____