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Level 5

Mothers get less sleep than fathers

1st March, 2017

<http://www.breakingnewsenglish.com/1703/170301-sleep-5.html>

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

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THE READING

From <http://www.breakingnewsenglish.com/1703/170301-sleep-5.html>

It will be no great surprise to mothers that a new study confirms that moms (and mums) get less sleep than fathers. Researchers in the USA analyzed data on the sleeping habits of 5,800 men and women. They wanted to find out what affects adults' sleep. They found that having children in the house leads to less sleep for many mothers. Motherhood greatly reduces the number of hours a mother sleeps. Unsurprisingly, this had an adverse effect on her energy levels during the day. The study found that fathers' sleep remained largely unaffected by having kids in the house.

The study shows that children were the biggest cause of mothers not sleeping. Dr Kelly Sullivan said each child increased a woman's risk of not sleeping by 46%. Nearly half of mothers under 45 said they got seven hours of sleep a night, compared with 62% of women of the same age with no kids at home. A lack of sleep harms our physical and mental well-being. It increases the risk of diabetes, obesity, cardiovascular disease, and depression. Dr Sullivan said: "It's important to learn what is keeping people from getting the rest they need so we can help them work towards better health."

Sources: <http://www.livescience.com/58026-moms-get-less-sleep.html>
<http://www.medicalnewstoday.com/articles/316076.php>
<http://www.foxnews.com/health/2017/02/27/living-with-children-really-can-affect-your-sleep-if-youre-woman.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1703/170301-sleep-5.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|--------------------------------|
| 1. It will be no great | a. largely unaffected |
| 2. moms (and mums) | b. the number of hours |
| 3. analyzed | c. in the house |
| 4. the sleeping habits | d. data |
| 5. greatly reduces | e. get less sleep than fathers |
| 6. this had an adverse effect | f. surprise to mothers |
| 7. fathers' sleep remained | g. of 5,800 men |
| 8. having kids | h. on her energy levels |

PARAGRAPH TWO:

- | | |
|--|-----------------------|
| 1. children were | a. the rest they need |
| 2. compared with 62% of women | b. of sleep |
| 3. A lack | c. health |
| 4. harms our physical and mental | d. of diabetes |
| 5. It increases the risk | e. of the same age |
| 6. cardiovascular | f. the biggest cause |
| 7. what is keeping people from getting | g. well-being |
| 8. work towards better | h. disease |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1703/170301-sleep-5.html>

It (1) _____ surprise to mothers that a new study confirms that moms (and mums) (2) _____ fathers. Researchers in the USA analyzed data on the sleeping habits of 5,800 men and women. They wanted to (3) _____ adults' sleep. They found that having children in the house (4) _____ sleep for many mothers. Motherhood greatly reduces the number of hours a mother sleeps. Unsurprisingly, this (5) _____ effect on her energy levels during the day. The study found that fathers' sleep (6) _____ unaffected by having kids in the house.

The study shows that children were the (7) _____ mothers not sleeping. Dr Kelly Sullivan said each child increased a woman's risk of not sleeping by 46%. Nearly (8) _____ under 45 said they got seven hours (9) _____, compared with 62% of women of the same age with no kids at home. A lack of sleep harms our physical and mental well-being. It (10) _____ of diabetes, obesity, (11) _____, and depression. Dr Sullivan said: "It's important to learn what is keeping people from getting the rest they need so we can help (12) _____ better health."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1703/170301-sleep-5.html>

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SLEEP SURVEY

From <http://www.breakingnewsenglish.com/1703/170301-sleep-4.html>

Write five GOOD questions about sleep 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

From <http://www.breakingnewsenglish.com/1703/170301-sleep-5.html>

Write about **sleep** for 10 minutes. Read and talk about your partner’s paper.
