

## Mothers get less sleep than fathers

1st March, 2017



This news might not come as a great surprise to mothers, but a new study confirms that moms (and mums) get less sleep than fathers. Researchers

at Georgia Southern University in the USA analyzed data on the sleeping habits and patterns of nearly 3,000 women and 3,000 men. They wanted to get to the bottom of what affects adults' sleep. The researchers discovered that having children in the house leads to sleep deprivation in many mothers. Motherhood significantly reduced the number of hours a mother slept each night. Unsurprisingly, this had an adverse effect on mothers' energy levels and tiredness during the day. The study found that fathers' sleep remained largely unaffected by having kids in the house.

The study reveals that children were the biggest cause of mothers being sleep deprived. Dr Kelly Sullivan, co-author of the report, said each child increased a woman's risk of getting insufficient sleep by 46 per cent. In addition, 48 per cent of mothers under 45 reported getting an average of seven hours of sleep a night, compared with 62 per cent of women of the same age who did not have children at home. Dr Sullivan said a lack of sleep negatively impacts physical and mental well-being. It increases the risk of diabetes, obesity, cardiovascular disease, and depression. She added: "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: [livescience.com](http://livescience.com) / [medicalnewstoday.com](http://medicalnewstoday.com) / [foxnews.com](http://foxnews.com)

## Writing

Write about **sleep** for 10 minutes. Comment on your partner's paper.

## Chat

Talk about these words from the article.

news / surprise / study / habits / patterns / sleep deprivation / adverse / energy levels / risk / insufficient / average / seven hours / same age / physical / well-being / rest

## True / False

- The article says there is news that will be a big surprise to mothers. T / F
- Researchers looked at data on over 6,000 mothers. T / F
- Researchers found that motherhood energizes women during the day. T / F
- Men's sleep was not affected by children in the house. T / F
- Children are the biggest cause of mothers not sleeping. T / F
- A child increased the chance of a mother not sleeping by 46%. T / F
- Insufficient sleep can lead to overeating and being overweight. T / F
- A doctor said women should take lessons on how to sleep. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                                |                 |
|--------------------------------|-----------------|
| 1. <b>surprise</b>             | a. immune to    |
| 2. <b>confirms</b>             | b. find out why |
| 3. <b>get to the bottom of</b> | c. unfavourable |
| 4. <b>adverse</b>              | d. holding back |
| 5. <b>unaffected by</b>        | e. verifies     |
| 6. <b>reveals</b>              | f. inadequate   |
| 7. <b>insufficient</b>         | g. possibility  |
| 8. <b>compared</b>             | h. shows        |
| 9. <b>risk</b>                 | i. revelation   |
| 10. <b>keeping</b>             | j. contrasted   |

## Discussion – Student A

- How surprised are you at this news?
- What can you say about your sleeping habits?
- How do children affect a parent's sleep?
- What do you do if you cannot sleep?
- What things affect people's sleep?
- How does a lack of sleep affect you?
- What's the longest you've ever gone without sleep?
- Why doesn't having children in the house affect fathers sleep?

## Phrase Match

- |   |                               |
|---|-------------------------------|
| 1. This news might not come as a great    | a. were the biggest cause     |
| 2. get to the bottom of                   | b. unaffected by having kids  |
| 3. sleep                                  | c. they need                  |
| 4. this had an adverse effect             | d. insufficient sleep         |
| 5. fathers' sleep remained largely        | e. what affects adults' sleep |
| 6. The study reveals that children        | f. surprise to mothers        |
| 7. a woman's risk of getting              | g. disease                    |
| 8. negatively impacts physical and mental | h. deprivation                |
| 9. cardiovascular                         | i. on mothers' energy levels  |
| 10. getting the rest                      | j. well-being                 |

## Discussion – Student B

- What do you think about what you read?
- What are the reasons you cannot sleep?
- What can mothers do to make sure they sleep well?
- How do our sleeping habits change as we get older?
- What would you do if we didn't need sleep?
- Should we receive better education on the importance of sleep?
- What lifestyle changes do you need to make to get more sleep?
- What questions would you like to ask the researchers?

## Spelling

- a new study ocnsrmif that
- dnyaazle (USA) / nsdaeyla (UK) data
- leads to sleep oirnpdaveit
- Motherhood atinygslnific reduced the number of hours
- this had an evrdsea effect
- remained largely deuntfcefa
- The study esavrel that
- getting efisncuintfi sleep
- getting an eeaarvg of seven hours
- tvaneilegy impacts physical and mental well-being
- It increases the risk of sbdaeeti
- ostyeib, cardiovascular disease, and depression

### Answers – Synonym Match

1. i	2. e	3. b	4. c	5. a
6. h	7. f	8. j	9. g	10. d

## Role Play

### Role A – Hot Milk

You think hot milk is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the most useless of these (and why): reading, sleeping pills or counting sheep.

### Role B – Reading

You think reading is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the most useless of these (and why): hot milk, sleeping pills or counting sheep.

### Role C – Sleeping Pills

You think sleeping pills is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the most useless of these (and why): reading, hot milk or counting sheep.

### Role D – Counting Sheep

You think counting sheep is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the most useless of these (and why): reading, sleeping pills or hot milk.

## Speaking – Sleeping Aids

Rank these with your partner. Put the best things to get to sleep quickly at the top. Change partners often and share your rankings.

- |              |                    |
|--------------|--------------------|
| • hot milk   | • no phone in room |
| • reading    | • counting sheep   |
| • exercise   | • deep breathing   |
| • a big meal | • sleeping pills   |

### Answers – True False

a	F	b	F	c	F	d	T	e	T	f	T	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.