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Level 6

Mothers get less sleep than fathers

1st March, 2017

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

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Please try Levels 5 and 4 (they are easier).

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THE ARTICLE

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

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: <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>

WARM-UPS

1. SLEEP: Students walk around the class and talk to other students about sleep. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

3. SHARED: Students A **strongly** believe mothers and fathers should split parenting duties 50-50; Students B **strongly** believe they shouldn't. Change partners again and talk about your conversations.

4. SLEEPLESSNESS: What can be done to overcome these things that keep us awake? Complete this table and share what you wrote with your partner(s).

	Your experiences	How To Overcome This
Worry		
Light		
Noisy neighbours		
Too hot / cold		
Noise pollution		
Scary noises		

5. HABIT: Spend one minute writing down all of the different words you associate with the word "habit". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. 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
- counting sheep
- reading
- deep breathing
- exercise
- sleeping pills
- a big meal
- no phone in room

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

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

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

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

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|-------------------------------|
| 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 |

GAP FILL

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

This news might not come as a great (1) _____ 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 (2) _____ and patterns of nearly 3,000 women and 3,000 men. They wanted to get to the (3) _____ of what affects adults' sleep. The researchers discovered that having children in the house leads to sleep (4) _____ in many mothers. Motherhood (5) _____ reduced the number of hours a mother slept each night. Unsurprisingly, this had an adverse (6) _____ on mothers' energy (7) _____ and tiredness during the day. The study found that fathers' sleep remained largely (8) _____ by having kids in the house.

deprivation

effect

surprise

unaffected

bottom

levels

significantly

habits

The study reveals that children were the biggest (9) _____ of mothers being sleep deprived. Dr Kelly Sullivan, co-author of the report, said each child increased a woman's (10) _____ of getting insufficient sleep by 46 per cent. In (11) _____, 48 per cent of mothers under 45 reported getting an (12) _____ of seven hours of sleep a night, (13) _____ with 62 per cent of women of the same age who did not have children at home. Dr Sullivan said a (14) _____ of sleep negatively impacts physical and mental well-being. It increases the risk of diabetes, (15) _____, cardiovascular disease, and depression. She added: "It's important to learn what is keeping people from getting the (16) _____ they need so we can help them work towards better health."

risk

lack

average

rest

cause

obesity

addition

compared

LISTENING – Guess the answers. Listen to check.

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

- 1) This news might not come as a great _____ mothers
 - a. surprised two
 - b. surprise too
 - c. surprised to
 - d. surprise to
- 2) Researchers at Georgia Southern University in the USA analyzed data on _____
 - a. the sleeping habitats
 - b. the sleeping habits
 - c. the sleeping rabbits
 - d. the sleeping half bits
- 3) They wanted to get to the _____ affects adults' sleep
 - a. bottom if that
 - b. top of what
 - c. bottom of that
 - d. bottom of what
- 4) The researchers discovered that having children in the house leads to _____
 - a. sleep declaration
 - b. sleep destination
 - c. sleep devolution
 - d. sleep deprivation
- 5) The study found that fathers' sleep remained _____
 - a. largely un-afflicted
 - b. largely unfaltering
 - c. largely unflattering
 - d. largely unaffected
- 6) The study reveals that children were the biggest cause of mothers _____ deprived
 - a. been sleep
 - b. being sleep
 - c. be in sleep
 - d. benign sleep
- 7) ... co-author of the report, said each child increased a woman's risk of _____ sleep
 - a. getting in sufficiently
 - b. get in non-sufficient
 - c. getting insufficient
 - d. get in insufficient
- 8) a lack of sleep negatively impacts physical and _____
 - a. mentally well-being
 - b. mental well-bean
 - c. men tall well been
 - d. mental well-being
- 9) It increases the risk of diabetes, obesity, cardiovascular disease, _____
 - a. and depressive
 - b. and depressing
 - c. and depressions
 - d. and depression
- 10) getting the rest they need so we can help them work _____ health
 - a. toward better
 - b. towards better
 - c. two wards better
 - d. too wards better

LISTENING – Listen and fill in the gaps

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

This news might (1) _____ 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 (2) _____ of nearly 3,000 women and 3,000 men. They wanted (3) _____ bottom of what affects adults' sleep. The researchers discovered that having children in the house leads to sleep deprivation in many mothers. Motherhood (4) _____ the number of hours a mother slept each night. Unsurprisingly, this had an (5) _____ mothers' energy levels and tiredness during the day. The study found that fathers' sleep remained (6) _____ by having kids in the house.

The (7) _____ 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 (8) _____ insufficient sleep by 46 per cent. In addition, 48 per cent of mothers under 45 reported getting (9) _____ seven hours of sleep a night, compared with 62 per cent of women (10) _____ who did not have children at home. Dr Sullivan said a lack of sleep (11) _____ 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 (12) _____ so we can help them work towards better health."

COMPREHENSION QUESTIONS

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

1. To whom did the article say this news might not be a surprise?
2. How many men's data did the researchers look at?
3. What did researchers want to get to the bottom of?
4. What levels did a lack of sleep affect in mothers?
5. What was fathers' sleep largely unaffected by?
6. What was the biggest cause of mothers not sleeping?
7. By how much did a child increase the risk of sleeplessness in mothers?
8. What percentage of mothers under 45 got an average of 7 hours' sleep?
9. How many diseases were named as being at risk from sleeplessness?
10. What did a doctor say we needed to work towards?

MULTIPLE CHOICE - QUIZ

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

- 1) To whom did the article say this news might not be a surprise?
 - a) doctors
 - b) children
 - c) mothers
 - d) fathers
- 2) How many men's data did the researchers look at?
 - a) nearly 3,000
 - b) over 3,000
 - c) about 3,000
 - d) exactly 3,000
- 3) What did researchers want to get to the bottom of?
 - a) what affects adults' sleep
 - b) the deep blue sea
 - c) questions
 - d) education funding
- 4) What levels did a lack of sleep affect in mothers?
 - a) sugar levels
 - b) energy levels
 - c) power levels
 - d) blood levels
- 5) What was fathers' sleep largely unaffected by?
 - a) a study
 - b) mothers
 - c) sugar levels
 - d) children in the house
- 6) What was the biggest cause of mothers not sleeping?
 - a) fathers
 - b) children
 - c) a study
 - d) deprived
- 7) By how much did a child increase the risk of sleeplessness in mothers?
 - a) 46%
 - b) 62%
 - c) 48%
 - d) 45%
- 8) What percentage of mothers under 45 got an average of 7 hours' sleep?
 - a) 46%
 - b) 45%
 - c) 48%
 - d) 62%
- 9) How many diseases were named as being at risk from sleeplessness?
 - a) 3
 - b) 2
 - c) 5
 - d) 4
- 10) What did a doctor say we needed to work towards?
 - a) better health
 - b) sleep
 - c) rest
 - d) learning

ROLE PLAY

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

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.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'mother' and 'father'.

mother	father

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• great• data• bottom• leads• each• remained	<ul style="list-style-type: none">• biggest• each• 46• 62• mental• better
---	--

SLEEP SURVEY

From <http://www.BreakingNewsEnglish.com/1703/170301-sleep.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.

SLEEP DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'mother'?
3. How surprised are you at this news?
4. What can you say about your sleeping habits?
5. How do children affect a parent's sleep?
6. What do you do if you cannot sleep?
7. What things affect people's sleep?
8. How does a lack of sleep affect you?
9. What's the longest you've ever gone without sleep?
10. Why doesn't having children in the house affect fathers sleep?

Mothers get less sleep than fathers – 1st March, 2017
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SLEEP DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'sleep'?
13. What do you think about what you read?
14. What are the reasons you cannot sleep?
15. What can mothers do to make sure they sleep well?
16. How do our sleeping habits change as we get older?
17. What would you do if we didn't need sleep?
18. Should we receive better education on the importance of sleep?
19. What lifestyle changes do you need to make to get more sleep?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

This news might not come (1) _____ a great surprise to mothers, but a new study (2) _____ that moms (and mums) get less sleep than fathers. Researchers at Georgia Southern University in the USA analyzed data (3) _____ the sleeping habits and patterns of nearly 3,000 women and 3,000 men. They wanted to get to the (4) _____ 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 (5) _____ mothers' energy levels and tiredness during the day. The study found that fathers' sleep remained (6) _____ unaffected by having kids in the house.

The study reveals that children were the biggest cause (7) _____ mothers being sleep deprived. Dr Kelly Sullivan, co-author of the report, said each child increased a woman's risk of (8) _____ 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, (9) _____ with 62 per cent of women of the same age who did not have children at home. Dr Sullivan said a (10) _____ of sleep negatively impacts physical and mental well-being. It increases the risk of diabetes, obesity, cardiovascular disease, and (11) _____. She added: "It's important to learn what is keeping people from getting the rest they need so we can help them work (12) _____ better health."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|--------------|-----------------|
| 1. | (a) as | (b) has | (c) is | (d) was |
| 2. | (a) conforms | (b) confounds | (c) confirms | (d) confines |
| 3. | (a) in | (b) at | (c) on | (d) as |
| 4. | (a) boon | (b) beneath | (c) below | (d) bottom |
| 5. | (a) on | (b) in | (c) at | (d) by |
| 6. | (a) largest | (b) largely | (c) largesse | (d) larger |
| 7. | (a) on | (b) at | (c) by | (d) of |
| 8. | (a) got | (b) getting | (c) gotten | (d) gets |
| 9. | (a) comparison | (b) compares | (c) compared | (d) comparative |
| 10. | (a) lick | (b) flock | (c) slack | (d) lack |
| 11. | (a) depressed | (b) depressive | (c) depress | (d) depression |
| 12. | (a) forwards | (b) towards | (c) advances | (d) ahead |

SPELLING

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

Paragraph 1

1. a new study ocnsrmif that
2. dnyaazle (USA) / nsdaeyla (UK) data
3. leads to sleep oirnpdaveit
4. Motherhood atinygslnific reduced the number of hours
5. this had an evrdsea effect
6. remained largely deuntfcefa

Paragraph 2

7. The study esavrel that
8. getting efisncuintfi sleep
9. getting an eeaarvg of seven hours
10. tvaneilegy impacts physical and mental well-being
11. It increases the risk of sbdaeeti
12. ostyeib, cardiovascular disease, and depression

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () night. Unsurprisingly, this had an adverse effect on mothers' energy levels and tiredness
- () bottom of what affects adults' sleep. The researchers discovered that having children in the house leads to sleep
- () sleep than fathers. Researchers at Georgia Southern University in the USA analyzed data on the sleeping
- (**1**) This news might not come as a great surprise to mothers, but a new study confirms that moms (and mums) get less
- () habits and patterns of nearly 3,000 women and 3,000 men. They wanted to get to the
- () from getting the rest they need so we can help them work towards better health."
- () disease, and depression. She added: "It's important to learn what is keeping people
- () addition, 48 per cent of mothers under 45 reported getting an average of seven hours of sleep a night, compared
- () negatively impacts physical and mental well-being. It increases the risk of diabetes, obesity, cardiovascular
- () with 62 per cent of women of the same age who did not have children at home. Dr Sullivan said a lack of sleep
- () during the day. The study found that fathers' sleep remained largely unaffected by having kids in the house.
- () deprivation in many mothers. Motherhood significantly reduced the number of hours a mother slept each
- () of the report, said each child increased a woman's risk of getting insufficient sleep by 46 per cent. In
- () The study reveals that children were the biggest cause of mothers being sleep deprived. Dr Kelly Sullivan, co-author

PUT THE WORDS IN THE RIGHT ORDER

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

1. might not come as a great surprise to mothers This news .
2. less mums) moms study sleep confirms A get (and that new .
3. the adults' bottom sleep of Get what to affects .
4. in sleep the deprivation house Having leads children to .
5. remained sleep Fathers' kids having by unaffected largely .
6. The were study the reveals biggest that cause children .
7. woman's a Increased sleep insufficient getting of risk .
8. of Women home at children have not did who age same the .
9. Negatively being - well mental and physical impacts .
10. is from rest What people the need keeping getting they .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

This news might not come *was / as* a great surprise to mothers, but a new study *conforms / confirms* that moms (and mums) get less sleep than fathers. Researchers at Georgia Southern University in the USA analyzed data *in / on* the sleeping *habits / habitats* and patterns of nearly 3,000 women and 3,000 men. They wanted to get to the *bottom / top* of what affects adults' sleep. The researchers discovered that *have / having* children in the house leads to sleep *deprivation / declaration* in many mothers. Motherhood *significance / significantly* reduced the number of hours a mother slept each night. Unsurprisingly, this had an adverse *affect / effect* on mothers' energy levels and tiredness during the day. The study found that fathers' sleep remained *largely / largesse* unaffected by having kids in the house.

The study *reveals / revels* that children were the biggest cause of mothers being sleep deprived. Dr Kelly Sullivan, co-author of the report, said *all / each* child increased a woman's risk of *getting / gotten* insufficient sleep by 46 per cent. In *addition / additionally*, 48 per cent of mothers under 45 reported getting *an / on* average of seven hours of sleep *the / a* night, compared with 62 per cent of women of the same age who did not have children *at / in* home. Dr Sullivan said a lack of sleep negatively *compacts / impacts* physical and mental well-being. It increases the risk of diabetes, obesity, cardiovascular disease, and *depressive / depression*. She added: "It's important to learn what is keeping people from getting the rest they need *so / such* we can help them work towards better health."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

This news might not come as great surprise to mothers, but a new study confirms that moms (and dads) get less sleep than fathers. Researchers at Georgetown Southern University in the US 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 effects dads' sleep. The researchers discovered that having children in the household sleep deprivation in many months. Mothers had significantly reduced their number of hours of sleep each night. Surprisingly, the husband's sleep deprivation in 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 women's risk of getting less sleep by 46 percent. In addition, 48 percent of mothers and 45 percent of fathers reported getting less sleep each night, compared with 62 percent of women and 51 percent of men who did not have children at home. Dr Sullivan said 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's keeping people from getting the rest they need so we can help them work towards better health."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

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 3000 women and 3000 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"

PUT A SLASH (/) WHERE THE SPACES ARE

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

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 others. 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 percent. In addition, 48 percent of mothers under 45 reported getting an average of seven hours of sleep a night, compared with 62 percent 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."

ACADEMIC WRITING

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

It is not fair that mothers get less sleep than fathers. Discuss.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news. Share what you discover with your partner(s) in the next lesson.

3. SLEEP: Make a poster about sleep. Show your work to your classmates in the next lesson. Did you all have similar things?

4. WELL-BEING: Write a magazine article about mothers and fathers sharing parental duties at night. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on sleep deprivation. Ask him/her three questions about sleep. Give him/her three of your ideas on how to get better sleep. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b F c F d T e T f T g T h F

SYNONYM MATCH (p.4)

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

COMPREHENSION QUESTIONS (p.8)

1. Mothers
2. Nearly 3,000
3. What affects adults' sleep
4. Energy levels
5. Children in the house
6. Children
7. 46%
8. 48%
9. Four
10. Better health

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)