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Level 6

"Catastrophic" sleep is killing people, say scientists

27th September, 2017

<http://www.breakingnewsenglish.com/1709/170927-catastrophic-sleep.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

New research shows that many people are not sleeping enough and that this is having a serious impact on health. Professor Matthew Walker from the Center for Human Sleep Science at the University of California warned that a "catastrophic sleep-misfortune plague" was putting people in danger of ill health. He said a continued lack of sleep was putting people at risk from a large number of possibly fatal diseases. Professor Walker said people need eight hours sleep a night to stay healthy. He continued that people who don't sleep enough will have a shorter life. Walker said the effect of not sleeping enough negatively impacts every single aspect of our health and every part of our body.

Professor Walker warned that a lack of sleep is linked to debilitating diseases such as Alzheimer's, cancer, heart disease, obesity and diabetes. He warned that we are in a dangerous situation whereby we do not fully understand the very serious, "catastrophic" consequences of not getting eight hours a night. He gave several reasons why we are sleeping less. He said: "First, we electrified the night. Light is a profound degrader of our sleep." He also blamed longer working hours and longer commuting times, a desire to be with friends more rather than sleep, mobile devices, and the increased availability of alcohol and caffeine. He also blamed anxiety and said: "We're a lonelier, more depressed society."

Sources: <https://www.theguardian.com/lifeandstyle/2017/sep/24/why-lack-of-sleep-health-worst-enemy-matthew-walker-why-we-sleep>
<http://weekfacts.com/2017/09/lack-catastrophic-sleep-modern-society-kills-us-expert-says/>
<https://www.news-medical.net/news/20170924/Lack-of-sleep-could-be-blamed-for-many-major-diseases-says-sleep-scientist-Matt-Walker.aspx>

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?

research / serious / health / catastrophic / at risk / fatal / diseases / not sleeping / debilitating / cancer / heart disease / consequences / electrified / mobile devices

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

3. EIGHT HOURS: Students A **strongly** believe everyone can sleep eight hours a night; Students B **strongly** believe not everyone can. Change partners again and talk about your conversations.

4. DANGERS: What are the dangers or problems of a lack of sleep? How do these things affect you? Complete this table with your partner(s). Change partners often and share what you wrote.

	Dangers / Problems	You
Illness		
Anxiety		
Headaches		
Driving		
Working		
Studying		

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

6. SLEEPLESSNESS: Rank these with your partner. Put the things that most affect sleep at the top. Change partners often and share your rankings.

- stress
- mobile phones
- TV
- work
- coffee
- light
- noise
- heat / cold

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

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

- a. Research says sleeplessness has a serious impact on health. **T / F**
- b. A university called sleeplessness a plague. **T / F**
- c. A researcher said seven hours sleep was enough to stay healthy. **T / F**
- d. The researcher said sleeplessness affects every part of our body. **T / F**
- e. The researcher says there is no link between sleeplessness and diabetes. **T / F**
- f. The researcher says we all understand how serious sleeplessness is. **T / F**
- g. The researcher said being with friends helps us sleep. **T / F**
- h. The researcher said sleeplessness means we are lonelier. **T / F**

2. SYNONYM MATCH:

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

- | | |
|------------------------|------------------|
| 1. shows | a. ruinous |
| 2. impact | b. circumstances |
| 3. catastrophic | c. wish |
| 4. fatal | d. facet |
| 5. aspect | e. a number of |
| 6. debilitating | f. reveals |
| 7. situation | g. deadly |
| 8. several | h. worry |
| 9. desire | i. effect |
| 10. anxiety | j. weakening |

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

- | | |
|---------------------------------------|-------------------------|
| 1. this is having a serious | a. and diabetes |
| 2. putting people | b. times |
| 3. a large number of possibly fatal | c. aspect of our health |
| 4. people who don't sleep enough will | d. alcohol and caffeine |
| 5. negatively impacts every single | e. impact on health |
| 6. cancer, heart disease, obesity | f. at risk |
| 7. consequences of not | g. depressed society |
| 8. longer commuting | h. have a shorter life |
| 9. the increased availability of | i. getting eight hours |
| 10. We're a lonelier, more | j. diseases |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

New research shows that many people are not sleeping enough and that this is having a (1) _____ impact on health. Professor Matthew Walker from the Center for Human Sleep Science at the University of California (2) _____ that a "catastrophic sleep-misfortune plague" was putting people in danger of (3) _____ health. He said a continued (4) _____ of sleep was putting people at risk from a (5) _____ number of possibly fatal diseases. Professor Walker said people need eight hours sleep a night to (6) _____ healthy. He continued that people who don't sleep enough will have a shorter life. Walker said the effect of not sleeping enough (7) _____ impacts every single (8) _____ of our health and every part of our body.

ill
stay
serious
aspect
lack
negatively
warned
large

Professor Walker warned that a (9) _____ of sleep is linked to debilitating diseases such as Alzheimer's, cancer, heart disease, obesity and (10) _____. He warned that we are in a dangerous situation (11) _____ we do not fully understand the very serious, "catastrophic" consequences of not getting eight hours a night. He gave (12) _____ reasons why we are sleeping less. He said: "First, we electrified the night. Light is a (13) _____ degrader of our sleep." He also (14) _____ longer working hours and longer commuting times, a desire to be with friends more rather than sleep, mobile devices, and the increased (15) _____ of alcohol and caffeine. He also blamed (16) _____ and said: "We're a lonelier, more depressed society."

several
blamed
lack
anxiety
whereby
availability
diabetes
profound

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

- 1) many people are not sleeping enough and that this is having a serious _____ health
 - a. impact in
 - b. in pact on
 - c. in packed in
 - d. impact on
- 2) a "catastrophic sleep-misfortune plague" was putting people in _____ health
 - a. dangers of ill
 - b. danger off ill
 - c. danger of ill
 - d. dangers of ills
- 3) a lack of sleep was putting people at risk from a large number of _____ diseases
 - a. possible fatal
 - b. possible ill fatal
 - c. possibly vital
 - d. possibly fatal
- 4) He continued that people who don't sleep enough will _____ life
 - a. have the shorter
 - b. have a short air
 - c. have a shorter
 - d. had a short air
- 5) not sleeping enough negatively impacts every single _____ health
 - a. aspect of our
 - b. aspects of our
 - c. respect of our
 - d. a specked of our
- 6) Professor Walker warned that a lack of sleep is linked _____ diseases
 - a. to debilitating
 - b. to defibrillating
 - c. to confabulating
 - d. to refurbishing
- 7) He warned that we are in a dangerous situation whereby we _____ understand
 - a. does not fully
 - b. do not frilly
 - c. do knot fully
 - d. do not fully
- 8) First, we electrified the night. Light is a profound _____ sleep.
 - a. degrade all of our
 - b. D-grade of our
 - c. degrader of our
 - d. dig grade of our
- 9) He also blamed longer working hours and longer _____
 - a. commute in times
 - b. commune tin times
 - c. commuted times
 - d. commuting times
- 10) We're a lonelier, more _____
 - a. depressed society
 - b. repressed society
 - c. compressed society
 - d. un-pressed society

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

New research shows that many people are not sleeping enough and that this is having (1) _____ on health. Professor Matthew Walker from the Center for Human Sleep Science at the University of California warned that a "catastrophic sleep-(2) _____" was putting people in danger (3) _____. He said a continued lack of sleep was putting people at risk from a large number (4) _____ diseases. Professor Walker said people need eight hours sleep a night to stay healthy. He continued that people who don't sleep enough will (5) _____ life. Walker said the effect of not sleeping enough negatively impacts (6) _____ of our health and every part of our body.

Professor Walker warned that a lack of sleep (7) _____ to debilitating diseases such as Alzheimer's, cancer, heart disease, (8) _____. He warned that we are in a dangerous situation whereby we do not fully understand the very serious, "catastrophic" consequences of not getting eight hours a night. He (9) _____ why we are sleeping less. He said: "First, we electrified the night. Light is a (10) _____ of our sleep." He also blamed longer working hours and longer (11) _____, a desire to be with friends more rather than sleep, mobile devices, and the increased availability of (12) _____. He also blamed anxiety and said: "We're a lonelier, more depressed society."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

1. What university does this research come from?
2. What did the researcher say sleeplessness put people in danger of?
3. How much sleep did a researcher say people need?
4. What kind of life might people who lack sleep have?
5. What parts of the body did a professor say sleeplessness affected?
6. How many diseases did the professor link a lack of sleep to?
7. What did the researcher say was a profound degrader of sleep?
8. What two things did the researcher say were longer?
9. What did the researcher say there was an increased availability of?
10. What kind of society did the researcher say we now are?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

- 1) What university does this research come from?
 - a) University of California
 - b) Oxford University
 - c) Cambridge University
 - d) Tokyo University
- 2) What did the researcher say sleeplessness put people in danger of?
 - a) falling out of bed
 - b) insomnia
 - c) ill health
 - d) headaches
- 3) How much sleep did a researcher say people need?
 - a) 9 hours
 - b) 8 hours
 - c) 7 hours
 - d) 6 hours
- 4) What kind of life might people who lack sleep have?
 - a) a busy one
 - b) a stressful one
 - c) a tired one
 - d) a shorted one
- 5) What parts of the body did a professor say sleeplessness affected?
 - a) all parts
 - b) the brain
 - c) the eyes
 - d) the back
- 6) How many diseases did the professor link a lack of sleep to?
 - a) 8
 - b) 7
 - c) 6
 - d) 5
- 7) What did the researcher say was a profound degrader of sleep?
 - a) noise
 - b) light
 - c) sugar
 - d) milk
- 8) What two things did the researcher say were longer?
 - a) weekday hours and coming on time
 - b) weekly hours and common time
 - c) waking hours and computing time
 - d) working hours and commuting time
- 9) What did the researcher say there was an increased availability of?
 - a) beds and pillows
 - b) smartphones and tablets
 - c) alcohol and caffeine
 - d) books and magazines
- 10) What kind of society did the researcher say we now are?
 - a) a sleepier and forgetful one
 - b) a lonelier and more depressed one
 - c) a rushed one
 - d) a difficult one

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

Role A – Stress

You think stress is the biggest cause of sleeplessness. Tell the others three reasons why. Tell them why their things don't lead to as much sleeplessness. Also, tell the others which is the least harmful of these (and why): work, noise or smartphones.

Role B – Work

You think work is the biggest cause of sleeplessness. Tell the others three reasons why. Tell them why their things don't lead to as much sleeplessness. Also, tell the others which is the least harmful of these (and why): stress, noise or smartphones.

Role C – Noise

You think noise is the biggest cause of sleeplessness. Tell the others three reasons why. Tell them why their things don't lead to as much sleeplessness. Also, tell the others which is the least harmful of these (and why): work, stress or smartphones.

Role D – Smartphones

You think smartphones are the biggest cause of sleeplessness. Tell the others three reasons why. Tell them why their things don't lead to as much sleeplessness. Also, tell the others which is the least harmful of these (and why): work, noise or stress.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

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

sleep	health
--------------	---------------

- 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">• serious• plague• fatal• stay• life• single	<ul style="list-style-type: none">• linked• whereby• several• first• friends• society
---	--

SLEEP SURVEY

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-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 images are in your mind when you hear the word 'sleep'?
3. How well do you sleep?
4. What happens when you don't sleep enough?
5. Why aren't people getting enough sleep?
6. What do you think about sleeplessness being called 'catastrophic'?
7. How can a lack of sleep affect health?
8. What do you do if you cannot sleep?
9. Would you sleep longer if you knew you would live longer?
10. Would you take a pill if it could replace sleep?

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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 'health'?
13. What do you think about what you read?
14. How much do you like sleep?
15. How can sleeplessness lead to so many diseases?
16. Why don't people understand how serious a lack of sleep is?
17. How have the Internet and mobile devices affected our sleep?
18. Are people working too much?
19. What do you get anxious about?
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/1709/170927-catastrophic-sleep.html>

New research shows that many people are not sleeping enough and that this is having a serious (1) _____ on health. Professor Matthew Walker from the Center for Human Sleep Science at the University of California warned that a "catastrophic sleep-misfortune (2) _____" was putting people in danger of (3) _____ health. He said a continued lack of sleep was putting people (4) _____ risk from a large number of possibly fatal diseases. Professor Walker said people need eight hours sleep a night to stay healthy. He continued that people who don't sleep enough will have a (5) _____ life. Walker said the effect of not sleeping enough negatively impacts every single (6) _____ of our health and every part of our body.

Professor Walker warned that a lack of sleep is (7) _____ to debilitating diseases such as Alzheimer's, cancer, heart disease, obesity and diabetes. He warned that we are in a dangerous situation whereby we do not (8) _____ understand the very serious, "catastrophic" consequences of not (9) _____ eight hours a night. He gave several reasons why we are sleeping less. He said: "First, we (10) _____ the night. Light is a profound degrader of our sleep." He also blamed longer working hours and longer commuting times, a (11) _____ to be with friends more rather than sleep, mobile devices, and the increased availability of alcohol and caffeine. He also blamed (12) _____ and said: "We're a lonelier, more depressed society."

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

- | | | | | |
|-----|---------------|-----------------|------------------|---------------|
| 1. | (a) aspect | (b) compact | (c) impact | (d) respect |
| 2. | (a) plague | (b) vague | (c) vogue | (d) plaque |
| 3. | (a) ill | (b) unwell | (c) sickness | (d) disease |
| 4. | (a) at | (b) of | (c) to | (d) by |
| 5. | (a) shorts | (b) shorter | (c) shorten | (d) shorty |
| 6. | (a) spectacle | (b) retrospect | (c) respect | (d) aspect |
| 7. | (a) links | (b) linkage | (c) linked | (d) link |
| 8. | (a) fuelling | (b) fulfilling | (c) full | (d) fully |
| 9. | (a) getting | (b) gets | (c) gotten | (d) got |
| 10. | (a) elected | (b) electrified | (c) electrocuted | (d) electrify |
| 11. | (a) reside | (b) desire | (c) sired | (d) residual |
| 12. | (a) anxious | (b) anxiously | (c) anxiety | (d) axioms |

SPELLING

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

Paragraph 1

1. having a sroiuse impact on health
2. a "catastrophic sleep-misfortune uelpga"
3. possibly falta diseases
4. He noidencut that people who don't sleep...
5. not sleeping enough ageinltvey impacts...
6. every single cetpsa of our health

Paragraph 2

7. linked to blinaidigte diseases
8. heart disease, obesity and tebsdeia
9. "catastrophic" enuneecsocqs
10. Light is a oprndufo degrader of our sleep
11. the increased iiavaytblail of alcohol
12. He also blamed eatxnyi

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

Number these lines in the correct order.

- () on health. Professor Matthew Walker from the Center for Human Sleep Science at the University of California warned
- () times, a desire to be with friends more rather than sleep, mobile devices, and the increased
- () reasons why we are sleeping less. He said: "First, we electrified the night. Light
- () of sleep was putting people at risk from a large number of possibly fatal diseases. Professor Walker said people need
- () life. Walker said the effect of not sleeping enough negatively impacts every single
- () availability of alcohol and caffeine. He also blamed anxiety and said: "We're a lonelier, more depressed society."
- () aspect of our health and every part of our body.
- () heart disease, obesity and diabetes. He warned that we are in a dangerous situation whereby we do not fully
- () is a profound degrader of our sleep." He also blamed longer working hours and longer commuting
- (**1**) New research shows that many people are not sleeping enough and that this is having a serious impact
- () that a "catastrophic sleep-misfortune plague" was putting people in danger of ill health. He said a continued lack
- () understand the very serious, "catastrophic" consequences of not getting eight hours a night. He gave several
- () eight hours sleep a night to stay healthy. He continued that people who don't sleep enough will have a shorter
- () Professor Walker warned that a lack of sleep is linked to debilitating diseases such as Alzheimer's, cancer,

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

1. enough people Research are shows not that sleeping many .
2. impact serious a having is This health on .
3. lack was at continued sleep people A of putting risk .
4. enough a People sleep have life don't will shorter who .
5. our of aspect single every impacts Negatively health .
6. to of debilitating sleep diseases is A linked lack .
7. dangerous we situation are He in warned a that .
8. reasons less why He we gave are several sleeping .
9. profound a is Light sleep our of degrader .
10. society" depressed more , lonelier a "We're said: He .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

New research shows that many people are not *sleeping / slept* enough and that this is having a serious impact *in / on* health. Professor Matthew Walker from the Center for Human Sleep Science at the University of California warned *what / that* a "catastrophic sleep-misfortune plague" was putting people *in / on* danger of ill health. He said a *continues / continued* lack of sleep was putting people at risk from a large *number / numeral* of possibly fatal diseases. Professor Walker said people *needing / need* eight hours sleep *a / the* night to stay healthy. He continued that people who don't sleep enough will have a *shorter / shorten* life. Walker said the effect of not sleeping enough negatively impacts every single *aspect / respect* of our health and every part of our body.

Professor Walker warned that a *lack / slack* of sleep is linked to debilitating diseases such as Alzheimer's, *cancer / cancerous*, heart disease, obesity and diabetes. He warned that we are in a *dangerously / dangerous* situation whereby we do not *fully / fulfilled* understand the very serious, "catastrophic" consequences of not getting eight hours a night. He gave *several / numeral* reasons why we are sleeping less. He said: "First, we *electrified / electrocuted* the night. Light is a *profound / profoundly* degrader of our sleep." He also blamed longer working hours and longer *computing / commuting* times, a desire to be with friends more rather than sleep, mobile devices, and the increased *availability / available* of alcohol and caffeine. He also blamed anxiety and said: "We're a lonelier, more *depression / depressed* society."

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/1709/170927-catastrophic-sleep.html>

N_w r_s__rch sh_ws th_t m_ny p__pl_ _r_ n_t sl__p_ng
_n__gh _nd th_t th_s _s h_v_ng _s_r__s _mp_ct _n
h__lth. Pr_f_ss_r M_tth_w W_lk_r fr_m th_ C_nt_r fr
H_m_n Sl__p Sc__nc__t th_ _n_v_rs_ty _f C_l_f_rn__
w_rn_d th_t _ "c_t_str_ph_c sl__p-m_sf_rt_n_ pl_g__"
w_s p_tt_ng p__pl_ _n d_ng_r _f _ll h__lth. H_s__d _
c_nt_n__d l_ck _f sl__p w_s p_tt_ng p__pl_ _t r_sk
fr_m _ l_rg_ n_mb_r _f p_ss_bly f_t_l d_s__s_s.
Pr_f_ss_r W_lk_r s__d p__pl_ n__d __ght h__rs sl__p
_n_gh_t t__st_y h__lthy. H_c_nt_n__d th_t p__pl_ wh_
d_n't sl__p _n__gh_w ll h_v_ _ sh_rt_r l_f_. W_lk_r
s__d th_ _ff_cts _f n_t sl__p_ng _n__gh_n_g_t_v_ly
_mp_cts _v_ry s_ngl_ _sp_ct _f __r h__lth _nd _v_ry
p_rt _f __r b_dy.

Pr_f_ss_r W_lk_r w_rn_d th_t _ l_ck _f sl__p _s l_nk_d
t_d_b_l_t_t_ng d_s__s_s_s ch _s _lzh__m_r's, c_nc_r,
h__rt d_s__s_, _b_s_ty _nd d__b_t_s. H_w_rn_d th_t
w__r_ _n _d_ng_r__s s_t__t__n wh_r_by w_d_n_t
f_lly _nd_rst_nd th_ v_ry s_r__s, "c_t_str_ph_c"
c_ns_q__nc_s _f n_t g_tt_ng __ght h__rs _n_gh_t. H_
g_v_ s_v_r_l r__s_ns why w__r_ sl__p_ng l_ss. H_
s__d: "Frst, w__l_ctr_f__d th_ n_gh_t. Lght _s _
pr_f__nd d_gr_d_r _f __r sl__p." H__ls_ bl_m_d
l_ng_r w_rk_ng h__rs _nd l_ng_r c_mm_t_ng t_m_s, _
d_s_r_ t_b_w_th fr__nds m_r_r_th_r th_n sl__p,
m_b_l_d_v_c_s, _nd th_ _ncr__s_d _v__l_b_l_ty _f
_lc_h_l _nd c_ff__n. H__ls_ bl_m_d _nx__ty _nd
s__d: "W'r_ _l_n_l__r, m_r_d pr_ss_d s_c__ty."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

new research shows that many people are not sleeping enough and that this is having a serious impact on health professor matthew walker from the center for human sleep science at the university of california warned that a "catastrophic sleep-misfortune plague" was putting people in danger of ill health he said a continued lack of sleep was putting people at risk from a large number of possibly fatal diseases professor walker said people need eight hours sleep a night to stay healthy he continued that people who don't sleep enough will have a shorter life walker said the effect of not sleeping enough negatively impacts every single aspect of our health and every part of our body

professor walker warned that a lack of sleep is linked to debilitating diseases such as alzheimer's cancer heart disease obesity and diabetes he warned that we are in a dangerous situation whereby we do not fully understand the very serious "catastrophic" consequences of not getting eight hours a night he gave several reasons why we are sleeping less he said "first we electrified the night light is a profound degrader of our sleep" he also blamed longer working hours and longer commuting times a desire to be with friends more rather than sleep mobile devices and the increased availability of alcohol and caffeine he also blamed anxiety and said "we're a lonelier more depressed society"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

New research shows that many people are not sleeping enough and that this is having a serious impact on health. Professor Matthew Walker from the Center for Human Sleep Science at the University of California warned that a "catastrophic sleep-misfortune plague" was putting people in danger of ill health. He said a continued lack of sleep was putting people at risk from a large number of possibly fatal diseases. Professor Walker said people need eight hours of sleep a night to stay healthy. He continued that people who don't sleep enough will have a shorter life. Walker said the effect of not sleeping enough negatively impacts every single aspect of our health and every part of our body. Professor Walker warned that a lack of sleep is linked to debilitating diseases such as Alzheimer's, cancer, heart disease, obesity and diabetes. He warned that we are in a dangerous situation where by we do not fully understand the very serious, "catastrophic" consequences of not getting eight hours a night. He gave several reasons why we are sleeping less. He said: "First, we electrified the night. Light is a profound degrader of our sleep." He also blamed longer working hours and longer commuting times, a desire to be with friends more rather than sleep, mobile devices, and the increased availability of alcohol and caffeine. He also blamed anxiety and said: "We're a lonelier, more depressed society."

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

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

ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1709/170927-catastrophic-sleep.html>

Everybody can sleep eight hours a night. 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 a lack of sleep. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CATASTROPHE: Write a magazine article about a lack of sleep being a catastrophe. Include imaginary interviews with people who believe this and with people who do not believe 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. Ask him/her three questions about sleep. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|-----------------|------------------|
| 1. shows | a. reveals |
| 2. impact | b. effect |
| 3. catastrophic | c. ruinous |
| 4. fatal | d. deadly |
| 5. aspect | e. facet |
| 6. debilitating | f. weakening |
| 7. situation | g. circumstances |
| 8. several | h. a number of |
| 9. desire | i. wish |
| 10. anxiety | j. worry |

COMPREHENSION QUESTIONS (p.8)

1. University of California
2. Ill health
3. Eight hours
4. A shorter life
5. Every part
6. Five
7. Light
8. Working hours and commuting time
9. Alcohol and caffeine
10. A lonelier and more depressed society

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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