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Level 0

Writing a to-do list may help you sleep faster

16th January, 2018

<https://breakingnewsenglish.com/1801/180116-to-do-list-0.html>

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

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THE READING

From <https://breakingnewsenglish.com/1801/180116-to-do-list-0.html>

Scientists found that writing a to-do list helps us sleep faster. To-do lists help us to relax. We don't worry about things we have to do. We can forget about them. A researcher said: "We live in a 24/7 culture in which our to-do lists seem to be constantly growing and causing us to worry about unfinished tasks at bedtime."

The researchers looked at how students slept. Half of them made a to-do list before they slept. Those who wrote a to-do list fell asleep about 9 minutes faster. Writing detailed lists makes you fall asleep faster than writing simple lists. About 40 per cent of adults have problems falling asleep a few times a month.

Sources: <https://www.aol.com/article/lifestyle/2018/01/13/writing-a-to-do-list-may-help-you-sleep-faster-study-says/23332682/>
<https://psychcentral.com/news/2018/01/13/writing-a-to-do-list-may-help-you-fall-asleep/131170.html>
<https://www.livescience.com/61422-journal-writing-sleep-better.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1801/180116-to-do-list-0.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|-----------------------|
| 1. Scientists found | a. to relax |
| 2. writing a to-do list helps | b. constantly growing |
| 3. To-do lists help us | c. forget about them |
| 4. We don't worry | d. that |
| 5. We can | e. a 24/7 culture |
| 6. We live in | f. us sleep faster |
| 7. our to-do lists seem to be | g. tasks |
| 8. unfinished | h. about things |

PARAGRAPH TWO:

- | | |
|----------------------------------|---------------------|
| 1. The researchers looked at how | a. a to-do list |
| 2. Half of them made | b. have problems |
| 3. before they | c. 9 minutes faster |
| 4. ell asleep about | d. asleep faster |
| 5. Writing detailed | e. students slept |
| 6. makes you fall | f. times a month |
| 7. About 40 per cent of adults | g. slept |
| 8. falling asleep a few | h. lists |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1801/180116-to-do-list-0.html>

Scientists (1) _____ a to-do list helps us sleep faster. To-do (2) _____ to relax. We don't worry about (3) _____ to do. We can forget about them. A researcher said: "(4) _____ a 24/7 culture (5) _____ to-do lists seem to be constantly growing and causing us (6) _____ unfinished tasks at bedtime."

The researchers (7) _____ students slept. Half of them made a to-do list (8) _____. Those who wrote a to-do list (9) _____ 9 minutes faster. Writing (10) _____ you fall asleep faster than (11) _____. About 40 per cent of adults have problems falling asleep (12) _____ a month.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1801/180116-to-do-list-0.html>

Scientistsfoundthatwritingato-dolisthelpsusleepfaster.To-dolistsh
elpustorelax.Wedon'tworryaboutthingswehavetodo.Wecanforgetab
outthem.Aresearcherssaid:"Weliveina24/7cultureinwhichourto-doli
stsseemtobeconstantlygrowingandcausingustoworryaboutunfinish
edtasksatbedtime."Theresearcherslookedathowstudents slept.Half
ofthemmadeato-dolistbeforetheyeslept.Thosewhowroteato-dolistf
ellasleepabout9minutesfaster.Writingdetailedlistsmakesyoufallasle
epfasterthanwritingsimplelists.About40percentofadultshaveproble
msfallingasleepafewtimesamonth.

TO-DO LISTS SURVEY

From <https://breakingnewsenglish.com/1801/180116-to-do-list-4.html>

Write five GOOD questions about to-do lists 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) _____

