

# Breaking News English.com

**Writing a to-do list may help you sleep faster – 16th January, 2018**

## **Level 0**

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.

## **Level 1**

Scientists have an idea to help us get to sleep faster. You need a pen and paper. Writing a to-do list helps people sleep faster. To-do lists help us to relax, so we don't worry about things we have to do. If we write things down, we can forget about them. This makes us calmer. 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 57 university students slept. Half of them made a to-do list before they slept. They all had to sleep by 10:30pm and could not use technology. Those who wrote a to-do list fell asleep around 9 minutes faster. The students who wrote detailed lists fell asleep faster than students who wrote simple lists. Around 40 per cent of adults have difficulty falling asleep a few times each month.

## **Level 2**

Scientists have an idea to help us get to sleep faster. All you need is a pen and paper. The scientists looked at how we can fall asleep more quickly. Writing a to-do list helps people get to sleep faster. The researchers said to-do lists help us to relax because we don't need to worry about things we have to do. If we write down the things we have to do, we can forget about them. This makes us calmer. 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 the sleeping patterns of 57 university students aged between 18 and 30. Half of them wrote down a to-do list five minutes before they slept. They had to sleep by 10:30pm and could not use technology. The participants who wrote to-do lists fell asleep an average of 9 minutes faster than those who didn't. They also found that the students who wrote detailed lists fell asleep faster than students who wrote simple lists. The National Sleep Foundation said that around 40 per cent of adults have difficulty falling asleep a few times each month.

## **Level 3**

Scientists have an idea that could help us get to sleep faster. All you need is a pen and paper. The scientists are from Baylor University in Texas, USA. They did research into how we can fall asleep more quickly. They found that writing a to-do list helps people get to sleep faster. Doctor Michael K. Scullin was the lead researcher of the study. He said to-do lists make us relax because we don't need to worry about the things we have to do. He said that if we write down the things we need to do, we can forget about them, so we become calmer. He added: "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 the sleeping patterns of 57 male and female university students aged between 18 and 30. Half of them had to write down a to-do list five minutes before they slept. They had to turn the lights out by 10:30pm and could not have access to technology. The researchers found that the participants who wrote to-do lists fell asleep an average of 9 minutes faster than those who didn't. They also found that the students who wrote really detailed lists fell asleep faster than students who wrote simple, general lists. The USA's National Sleep Foundation said that around 40 per cent of American adults have difficulty falling asleep at least a few times each month.