

A full moon could give you a bad night's sleep

1st February, 2021



If you have trouble sleeping at certain times of the month, it could be because of a full moon. Scientists from the University of Washington say there is a link between the lunar cycle and sleeping patterns. They say that on nights when there is

a full moon, people could experience more restless sleep. The reason for this could be the Moon's changing brightness. When there is a full moon, the extra brightness in the night sky could interrupt our sleep. The scientists said: "Moonlight is so bright to the human eye that it is entirely reasonable to imagine that, in the absence of other sources of light, this source of nocturnal light could have had a role in [changing] human nocturnal activity and sleep."

The scientists conducted a study of the sleep patterns of over 500 people. Each person wore a special wristband that tracked their sleep. The study included 98 people from an isolated village in rural Argentina. These people did not have access to electricity and other artificial light sources. Their sleep patterns were compared to 464 people living in U.S. city of Seattle, which has lots of artificial light pollution. The scientists discovered that people in the rural village and in the big city got less sleep on the nights leading up to the full moon. The scientists said the artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised with lunar phases."

Sources: thesun.co.uk / futura.org / ladbible.com

Writing

The Moon has lots of unknown powers over our lives. Discuss.

Chat

Talk about these words from the article.

trouble / times / full moon / sleeping / patterns / experience / night sky / human eye / scientists / wristband / village / rural / artificial / big city / synchronised / lunar phases

True / False

- a) Scientists say there is no link between sleep and lunar cycles. T / F
- b) Scientists say people may have restless sleep when there is a full moon. T / F
- c) The extra brightness of the Moon could interrupt our sleep. T / F
- d) Moonlight is a source of nocturnal light. T / F
- e) Scientists looked at the sleep pattern of over 5,000 people. T / F
- f) Some of the people in the study lived in a rural Argentinian village. T / F
- g) People in a rural village got more sleep on nights before a full moon. T / F
- h) Scientists say human sleep is synchronised with lunar phases. T / F

Synonym Match

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

- | | |
|----------------------|----------------|
| 1. trouble | a. synthetic |
| 2. link | b. part |
| 3. restless | c. carried out |
| 4. extra | d. connection |
| 5. role | e. stages |
| 6. conducted | f. difficulty |
| 7. tracked | g. found |
| 8. artificial | h. additional |
| 9. discovered | i. troubled |
| 10. phases | j. monitored |

Discussion – Student A

- a) What are your sleeping patterns like?
- b) What do you do if you have trouble sleeping?
- c) How interested are you in the Moon?
- d) What effect does the Moon have on us?
- e) How much do you like sleep?
- f) What conditions do you need to sleep well?
- g) What are you like if you have a bad night's sleep?
- h) Can you sleep any time and anywhere?

Phrase Match

- | | |
|--|--------------------------|
| 1. If you have trouble sleeping at certain | a. up to the full moon |
| 2. a link between the lunar cycle | b. in the night sky |
| 3. people could experience more | c. of light |
| 4. the extra brightness | d. and sleeping patterns |
| 5. other sources | e. special wristband |
| 6. The scientists conducted a | f. rural Argentina |
| 7. Each person wore a | g. times of the month |
| 8. an isolated village in | h. pollution |
| 9. lots of artificial light | i. restless sleep |
| 10. less sleep on the nights leading | j. study |

Discussion – Student B

- What do you think about what you read?
- What are your sleep patterns like?
- Have you ever slept in a strange place?
- How do lights affect your sleep?
- What do you think of light pollution?
- What do you think of when you look at the Moon?
- Do you prefer a quarter, half or full moon?
- What questions would you like to ask the researchers?

Spelling

- trouble sleeping at tcnerai times
- the narul cycle
- prttrieun our sleep
- it is nlytieer reasonable to imagine
- other ecssruo of light
- human octanruln activity
- scientists ccentduod a study
- Each person wore a special wbranitds
- 98 people from an aetsidlo village
- lots of irafthiaci light pollution
- scientists idsecvdreo that
- lunar easshp

Answers – Synonym Match

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

Role Play

Role A – A Dark Room

You think a dark room is the best thing to help you sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): a soft pillow, a good book or exercise.

Role B – A Soft Pillow

You think a soft pillow is the best thing to help you sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): a dark room, a good book or exercise.

Role C – A Good Book

You think a good book is the best thing to help you sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): a soft pillow, a dark room or exercise.

Role D – Exercise

You think exercise is the best thing to help you sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): a soft pillow, a good book or a dark room.

Speaking – Sleeping

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

- | | |
|---------------|-----------------|
| • Music | • A dark room |
| • A good book | • Quiet |
| • Music | • Hot milk |
| • Exercise | • A soft pillow |

Answers – True False

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