Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

"1,000 IDEAS & ACTIVITIES FOR LANGUAGE TEACHERS"

breakingnewsenglish.com/book.html

Thousands more free lessons from Sean's other websites

www.freeeslmaterials.com/sean_banville_lessons.html

Level 1 - 11th November, 2021 Going to bed at 10pm linked to lower heart disease

FREE online quizzes, mp3 listening and more for this lesson here:

https://breakingnewsenglish.com/2111/211111-bedtime-1.html

Contents

The Reading	
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 2 and 3. They are (a little) harder.

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From https://breakingnewsenglish.com/2111/211111-bedtime-1.html

We all know that going to bed early is healthy. Scientists say the healthiest time to go to bed is between 10pm and 11pm. This is because it lowers the risk of heart disease. Six years ago, the scientists looked at the sleep patterns and sleeping and waking times of 80,000 people. They then monitored the people's health for six years. Around 3,000 people developed heart problems. They went to bed earlier than 10pm or later than 11pm.

One of the scientists commented on how sleeping times affect our heart. He said going to bed early or late, "may be more likely to disrupt the body clock" and be bad for our heart's health. He said our body liked to wake up to the morning light. He said: "The riskiest time [to go to bed] was after midnight because it may reduce the likelihood of seeing morning light, which resets the body clock."

Sources: https://www.bbc.com/news/health-59204831

https://www.theguardian.com/lifeandstyle/2021/nov/09/sleep-at-10pm-linked-to-lower-risk-of-

heart-disease-study-finds

 $\verb|https://www.msn.com/en-us/health/medical/this-is-the-optimal-bedtime-to-stave-off-heart-five-definition and the state of the state$

disease-researchers-say/ar-AAQtsmT

PHRASE MATCHING

From https://breakingnewsenglish.com/2111/211111-bedtime-1.html

PARAGRAPH ONE:

1. We all know

2. going to bed

3. the healthiest time

4. it lowers the risk

5. scientists looked at the

6. sleeping and

7. They went to bed

8. later

a. waking times

b. to go to bed

c. than 11pm

d. sleep patterns

e. that

f. of heart disease

g. early is healthy

h. earlier than 10pm

PARAGRAPH TWO:

1. One of the scientists

2. how sleeping times

3. going to bed early

4. may be more

5. disrupt the

6. be bad for

7. The riskiest

8. reduce the

a. time

b. likely

c. our heart's health

d. affect our heart

e. likelihood of

f. commented

g. body clock

h. or late

LISTEN AND FILL IN THE GAPS

From https://breakingnewsenglish.com/2111/211111-bedtime-1.html

We all know that going to bed (1)
Scientists say the healthiest time to go to
10pm and 11pm. This is because it
lowers the (3) disease. Six years ago, the
scientists looked at the (4) sleeping and
waking times of 80,000 people. They (5)
people's health for six years. Around 3,000 people developed
heart problems. They went to (6) 10pm or
later than 11pm.
One of the scientists commented (7) times
(8) He said going to bed early or late,
"may be more (9) the body clock" and be
bad for our heart's health. He said our body
up to the morning light. He said: "The
riskiest time [to go to bed] (11) because it
may reduce the likelihood of seeing morning light,
(12) body clock."

PUT A SLASH (/)WHERE THE SPACES ARE

From https://breakingnewsenglish.com/2111/211111-bedtime-1.html

Weallknowthatgoingtobedearlyishealthy. Scientists say the healthies ttimetogotobedisbetween10pmand11pm.Thisisbecauseitlowersthe riskofheartdisease. Sixyearsago, the scientist slooked at the sleep patte rnsandsleepingandwakingtimesof80,000people. Theythenmonitore dthepeople'shealthforsixyears. Around 3,000 peopled eveloped heart problems. Theywent to be dearlier than 10 pmorlater than 11 pm. One of t hescientistscommentedonhowsleepingtimesaffectourheart. Hesaid goingtobedearlyorlate, "maybemorelikelytodisruptthebodyclock" an dbebadforourheart'shealth. Hesaidourbodylikedtowakeuptothemor ninglight.Hesaid:"Theriskiesttime[togotobed]wasaftermidnightbec auseitmayreducethelikelihoodofseeingmorninglight, which resets th ebodyclock."

BEDTIME SURVEY

From https://breakingnewsenglish.com/2111/211111-bedtime-4.html

Write five GOOD questions about bedtime 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).

_	
_	
_	
_	
_	
	Going to bed at 10pm linked to lower heart disease – 11th November, 2021
	More free lessons at preakingnewsenglish.com
	More free lessons at breakingnewsenglish.com
	TE QUESTIONS & ASK YOUR PARTNER t B: Do not show these to your speaking partner(s).
	TE QUESTIONS & ASK YOUR PARTNER
	TE QUESTIONS & ASK YOUR PARTNER
	TE QUESTIONS & ASK YOUR PARTNER
	TE QUESTIONS & ASK YOUR PARTNER
	TE QUESTIONS & ASK YOUR PARTNER
	TE QUESTIONS & ASK YOUR PARTNER

WRITING

From https://breakingnewsenglish.com/2111/211111-bedtime-1.html

Write about	bedtime	for 10	minutes.	Read an	d talk	about your	partner's	paper.