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Level 3 – 24th March, 2022

Sleeping with a light on can harm our health

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<https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Everyone knows that good sleep is important for our health. Not everyone knows how important it is to sleep in the dark. A new report says sleeping with the light on could be bad for our health. Researchers say turning off the light when we sleep helps to keep away diabetes and heart disease. Sleeping with the light on could increase the risk of getting these diseases. The researchers said around 40 per cent of people sleep with some sort of artificial light. They said even light from a television or alarm clock could affect our health. They added that the worst thing to sleep with is a main light. Sleeping in the dark is more difficult for people who live in cities, where there is a lot of outdoor light at night.

The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The lead researcher, Dr Phyllis Zee, is an expert in sleep medicine. She said it is healthier for us to turn off all lights when we sleep. Her team conducted a study of the blood sugar levels of 20 people after nights of sleep. The people who slept with a light on had higher blood sugar levels the next morning compared to those who slept in total darkness. Dr Zee said this is because light stimulates brain activity, which raises blood sugar levels. She said there are three things we can do to reduce the risk of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or wear an eye mask.

Sources: <https://www.thesun.co.uk/health/17945561/how-sleep-increase-risk-killer-disease/>
<https://www.smithsonianmag.com/smart-news/sleeping-with-even-a-dim-light-can-raise-blood-sugar-and-heart-rate-180979738/>
<https://news.yahoo.com/study-shows-light-during-nighttime-032500889.html>

WARM-UPS

1. SLEEPING: Students walk around the class and talk to other students about sleeping. 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?

everyone / sleep / important / the dark / diabetes / heart disease / alarm clock / university / expert / study / blood / sugar / darkness / risk / blue light / eye mask

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

3. A WASTE OF TIME: Students A **strongly** believe sleeping is a waste of time; Students B **strongly** believe it's the best thing ever. Change partners again and talk about your conversations.

4. I CAN'T SLEEP: Do these things help you sleep? Why / Why not? Complete this table with your partner(s). Change partners often and share what you wrote.

	Helpful?	Why (Not)?
Exercise		
Studying English		
Listening to music		
Counting sheep		
Hot milk		
Soft lighting		

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

6. HEALTH: Rank these with your partner. Put the best things for our health at the top. Change partners often and share your rankings.

- Sleep
- Vegetables
- Laughter
- Exercise
- Vitamin supplements
- Music
- Chocolate
- Water

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. report | a. A disease in which the body has too much sugar in the blood. |
| 2. diabetes | b. An illness or damage to the body (not caused because of an injury). |
| 3. increase | c. Done, situated, or used outside. |
| 4. disease | d. Become or make greater in size, amount, or degree. |
| 5. artificial | e. A clock or device that wakes you up at the time you set. |
| 6. alarm | f. A piece of writing about some research. |
| 7. outdoor | g. Made or produced by human beings rather naturally. |

Paragraph 2

- | | |
|---------------|---|
| 8. lead | h. A person who is very knowledgeable about or skillful in a particular area. |
| 9. expert | i. Did. |
| 10. conducted | j. A piece of material that covers a window. |
| 11. blood | k. Raise or increase levels of activity in something. |
| 12. stimulate | l. The red liquid that moves around inside our body. |
| 13. risk | m. The most important. |
| 14. curtain | n. Be where there is possible danger. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

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

1. The article says everyone knows it is important to sleep in the dark. **T / F**
2. Sleeping in the dark can reduce the risk of getting heart disease. **T / F**
3. About 40% of people sleep in the dark. **T / F**
4. The article says the light from alarm clocks do us no harm. **T / F**
5. Dr Phyllis Zee said she took medicine every night to help her sleep. **T / F**
6. Researchers looked at people's sleep pattern over 20 nights. **T / F**
7. People who slept in the dark had lower blood sugar levels. **T / F**
8. The doctor suggested we wear an eye mask to help us sleep. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. important | a. well-being |
| 2. bad | b. put on |
| 3. health | c. man-made |
| 4. risk | d. harmful |
| 5. artificial | e. carried out |
| 6. expert | f. cut |
| 7. conducted | g. essential |
| 8. total | h. specialist |
| 9. reduce | i. chance |
| 10. wear | j. complete |

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

- | | |
|--|-----------------------------|
| 1. Everyone knows that good sleep is | a. activity |
| 2. sleeping with the light on could be | b. getting these diseases |
| 3. increase the risk of | c. light |
| 4. artificial | d. medicine |
| 5. there is a lot of outdoor light | e. levels |
| 6. an expert in sleep | f. important for our health |
| 7. it is healthier for us to turn | g. of illness |
| 8. blood sugar | h. at night |
| 9. light stimulates brain | i. bad for our health |
| 10. reduce the risk | j. off all lights |

GAP FILL

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Everyone knows that good sleep is (1) _____ for our health. Not everyone knows how important it is to sleep in the (2) _____. A new report says sleeping with the light on could be bad for our health. Researchers say turning off the light when we sleep helps to keep away (3) _____ and heart disease. Sleeping with the light on could increase the (4) _____ of getting these diseases. The researchers said around 40 per cent of people sleep with some (5) _____ of artificial light. They said even light from a television or (6) _____ clock could affect our health. They added that the (7) _____ thing to sleep with is a main light. Sleeping in the dark is more difficult for people who live in cities, where there is a lot of (8) _____ light at night.

dark
outdoor
important
alarm
risk
worst
diabetes
sort

The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The (9) _____ researcher, Dr Phyllis Zee, is an (10) _____ in sleep medicine. She said it is healthier for us to turn off all lights when we sleep. Her team conducted a study of the blood (11) _____ levels of 20 people after nights of sleep. The people who slept with a light on had higher blood sugar levels the next (12) _____ compared to those who slept in total darkness. Dr Zee said this is because light (13) _____ brain activity, which (14) _____ blood sugar levels. She said there are three things we can do to reduce the (15) _____ of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or wear an eye (16) _____.

stimulates
expert
morning
risk
lead
mask
sugar
raises

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

- 1) Everyone knows that good sleep is important _____
 - a. four our health
 - b. for our health
 - c. fore our health
 - d. fro our health
- 2) Not everyone knows how important it is to sleep _____
 - a. on the dark
 - b. in the dark
 - c. in a dark
 - d. on a dark
- 3) Researchers say turning off the light when we sleep helps to _____
 - a. keep away diabolical
 - b. keep away die a beet is
 - c. keep away diabetes
 - d. keep away dye a beet is
- 4) The researchers said around 40 per cent of people sleep with some sort _____
 - a. of artificially light
 - b. of artificial right
 - c. of artificial lite
 - d. of artificial light
- 5) They added that the worst thing to sleep with is _____
 - a. a mainly light
 - b. a mean light
 - c. a main light
 - d. a mane light
- 6) The lead researcher, Dr Phyllis Zee, is an _____
 - a. experts in sleep
 - b. expert in sleep
 - c. expertise in sleep
 - d. excerpt in sleep
- 7) Her team conducted a study of the _____
 - a. blood sugar levels
 - b. blood sugary levels
 - c. blood sugared levels
 - d. blood sugars levels
- 8) the next morning compared to those who slept _____
 - a. in totally darkness
 - b. in totality darkness
 - c. in totalled darkness
 - d. in total darkness
- 9) She said there are three things we can do to _____
 - a. reduce the risqué
 - b. reduce the risk
 - c. reduce the brisk
 - d. reduce the wrist
- 10) never sleep with white or blue light; and use a blackout curtain or wear _____
 - a. an eye mask
 - b. an eye mast
 - c. an eye makes
 - d. an eye marks

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Everyone knows that good sleep is important (1) _____.

Not everyone knows how important it is to sleep in the dark. A new report says sleeping with the light on (2) _____ for our health. Researchers say turning off the light when we sleep helps to keep away diabetes and heart disease. Sleeping with the light on could (3) _____ of getting these diseases. The researchers said around 40 per cent of people sleep with some sort (4) _____. They said even light from a television or alarm clock could affect our health. They added that the worst thing to sleep with is (5) _____. Sleeping in the dark is more difficult for people who live in cities, where there is a lot of (6) _____ night.

The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The lead researcher, Dr Phyllis Zee, (7) _____ in sleep medicine. She said it is healthier for us to turn (8) _____ when we sleep. Her team conducted a study of the (9) _____ of 20 people after nights of sleep. The people who slept with a light on had higher blood sugar levels the next morning compared to those who slept (10) _____. Dr Zee said this is because light stimulates brain activity, which raises blood sugar levels. She said there are three things we can (11) _____ the risk of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or wear (12) _____.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

1. What does everyone know that sleep is good for?
2. What disease could sleeping in the dark keep away besides diabetes?
3. What percentage of people sleep with an artificial light?
4. What does the article say is the worst thing to sleep with?
5. Where is there a lot of outdoor light at night?
6. What is Dr Phyllis Zee an expert in?
7. How many people took part in a study on sleep?
8. Who had higher levels of blood sugar?
9. What does light stimulate?
10. What kinds of light does the doctor say we should not fall asleep to?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

- 1) What does everyone know that sleep is good for?
 - a) babies
 - b) our health
 - c) studying English
 - d) getting through the day
- 2) What disease could sleeping in the dark keep away besides diabetes?
 - a) insomnia
 - b) cancer
 - c) mental health
 - d) heart disease
- 3) What percentage of people sleep with an artificial light?
 - a) 50%
 - b) 60%
 - c) 40%
 - d) 72%
- 4) What does the article say is the worst thing to sleep with?
 - a) a main light
 - b) a hot water bottle
 - c) an electric blanket
 - d) a teddy bear
- 5) Where is there a lot of outdoor light at night?
 - a) the sky
 - b) cities
 - c) in parks
 - d) on the moon
- 6) What is Dr Phyllis Zee an expert in?
 - a) sleep medicine
 - b) light therapy
 - c) blood sugar
 - d) studying
- 7) How many people took part in a study on sleep?
 - a) 30
 - b) 25
 - c) 20
 - d) 35
- 8) Who had higher levels of blood sugar?
 - a) people who slept with a light
 - b) men over 50
 - c) obese children
 - d) people who ate lots of chocolate
- 9) What does light stimulate?
 - a) getting out of bed
 - b) reading
 - c) the eyes
 - d) brain activity
- 10) What kinds of light does the doctor say we should not fall asleep to?
 - a) ultraviolet light
 - b) soft lighting
 - c) blue or white light
 - d) neon light

ROLE PLAY

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Role A – Sleep

You think sleep is the most important thing for good health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): vegetables, exercise or water.

Role B – Vegetables

You think vegetables are the most important thing for good health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): sleep, exercise or water.

Role C – Exercise

You think exercise is the most important thing for good health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): vegetables, sleep or water.

Role D – Water

You think water is the most important thing for good health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): vegetables, exercise or sleep.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

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

light	sleep
--------------	--------------

- 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">• new• keep• risk• artificial• worst• cities	<ul style="list-style-type: none">• lead• expert• team• total• reduce• wear
---	--

SLEEPING SURVEY

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Write five GOOD questions about sleeping 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.

SLEEPING 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 important is sleep to you?
4. What do you do if you cannot sleep?
5. Do you need a light to sleep?
6. How does sleep affect our health?
7. Can you sleep if a light is on?
8. Would you prefer to sleep in the city or countryside?
9. Should people have a television in their bedroom?
10. What advice do you have for people who cannot sleep?

Sleeping with a light on can harm our health – 24th March, 2022
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SLEEPING 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 'light'?
13. What do you think about what you read?
14. Is it a good idea to take medicine to help you sleep?
15. What happens when you do not get enough sleep?
16. What things help you sleep well?
17. Is it easy for you to sleep on a train or bus?
18. Is it easy for you to sleep outside when camping?
19. Do you care what colour the lights are in your bedroom?
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 <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Everyone knows that good sleep is (1) _____ for our health. Not everyone knows how important it is to sleep in the dark. A new report says sleeping with the light on could be (2) _____ for our health. Researchers say turning off the light when we sleep helps to keep away diabetes and heart disease. Sleeping with the light on could increase the (3) _____ of getting these diseases. The researchers said around 40 per cent of people sleep with some sort (4) _____ artificial light. They said even light from a television or alarm clock could affect our health. They (5) _____ that the worst thing to sleep with is a main light. Sleeping in the dark is more difficult (6) _____ people who live in cities, where there is a lot of outdoor light at night.

The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The (7) _____ researcher, Dr Phyllis Zee, is an expert in sleep medicine. She said it is healthier (8) _____ us to turn off all lights when we sleep. Her team conducted a study (9) _____ the blood sugar levels of 20 people after nights of sleep. The people who slept with a light on had higher blood sugar levels the next morning compared to those who slept (10) _____ total darkness. Dr Zee said this is because light (11) _____ brain activity, which raises blood sugar levels. She said there are three things we can do to reduce the risk of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or (12) _____ an eye mask.

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

- | | | | | |
|-----|---------------|----------------|-----------------|---------------|
| 1. | (a) import | (b) importance | (c) importantly | (d) important |
| 2. | (a) baddie | (b) badness | (c) badly | (d) bad |
| 3. | (a) risqué | (b) risk | (c) risky | (d) risked |
| 4. | (a) by | (b) at | (c) of | (d) on |
| 5. | (a) plus | (b) also | (c) added | (d) totalled |
| 6. | (a) for | (b) as | (c) at | (d) by |
| 7. | (a) iron | (b) lead | (c) steel | (d) gold |
| 8. | (a) for | (b) at | (c) on | (d) by |
| 9. | (a) at | (b) of | (c) by | (d) to |
| 10. | (a) on | (b) at | (c) in | (d) by |
| 11. | (a) simulates | (b) simmers | (c) stimulates | (d) stems |
| 12. | (a) eye | (b) do | (c) put | (d) wear |

SPELLING

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Paragraph 1

1. good sleep is moitrpant for our health
2. keep away aitedbes
3. increase the risk of getting these sssiedea
4. some sort of iariltfcai light
5. the swort thing to sleep with
6. a lot of rouotod light at night

Paragraph 2

7. Dr Phyllis Zee is an pxrete
8. sleep meiincde
9. Her team cdncodetu a study
10. light tlsisuatem brain activity
11. euercd the risk of illness
12. use a blackout atirunc

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Number these lines in the correct order.

- (**1**) Everyone knows that good sleep is important for our health. Not everyone knows how important it is to sleep
- () who slept with a light on had higher blood sugar levels the next morning compared to those who slept in total
- () with white or blue light; and use a blackout curtain or wear an eye mask.
- () when we sleep. Her team conducted a study of the blood sugar levels of 20 people after nights of sleep. The people
- () clock could affect our health. They added that the worst thing to sleep with is a main light. Sleeping in the dark is
- () sugar levels. She said there are three things we can do to reduce the risk of illness: turn off the lights, never sleep
- () darkness. Dr Zee said this is because light stimulates brain activity, which raises blood
- () researcher, Dr Phyllis Zee, is an expert in sleep medicine. She said it is healthier for us to turn off all lights
- () increase the risk of getting these diseases. The researchers said around 40 per cent of people
- () in the dark. A new report says sleeping with the light on could be bad for our health. Researchers say turning
- () off the light when we sleep helps to keep away diabetes and heart disease. Sleeping with the light on could
- () more difficult for people who live in cities, where there is a lot of outdoor light at night.
- () The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The lead
- () sleep with some sort of artificial light. They said even light from a television or alarm

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

1. sleep is that knows Everyone important . good
2. bad . be the with light on could Sleeping
3. getting these increases It diseases . risk the of
4. who for in cities . live difficult More people
5. of light outdoor a lot at There's night .
6. Zee is Dr expert sleep medicine . an in
7. team conducted a of study blood . Her the
8. with slept people on . a The who light
9. do . There can are three we things
10. a a or curtain Use mask . blackout wear

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Everyone knows that *good / goodness* sleep is important for our health. Not everyone knows how important it is to sleep in the *darkly / dark*. A new report says sleeping with the light *in / on* could be *bad / badly* for our health. Researchers say turning off the light when we sleep helps to keep *about / away* diabetes and heart disease. Sleeping with the light on could increase the risk *of / to* getting these diseases. The researchers said around 40 per cent of people sleep with some sort *of / off* artificial light. They said even light from a television or alarm clock could *effect / affect* our health. They added that the worst thing to sleep with is a *main / mainly* light. Sleeping in the dark is more difficult for people who live in cities, where there is a lot of outdoor light *on / at* night.

The researchers *are / be* from the Northwestern University Feinberg School of Medicine in Chicago, USA. The lead researcher, Dr Phyllis Zee, is an *export / expert* in sleep medicine. She said it is healthier for *us / them* to turn off all lights when we sleep. Her team conducted a study *to / of* the blood sugar *levels / rebels* of 20 people after nights of sleep. The people who *slept / sleeping* with a light on had higher blood sugar levels the next morning compared to those who slept *on / in* total darkness. Dr Zee said this is because light stimulates brain *active / activity*, which raises blood sugar levels. She said there are three things we can do to *reduce / deduce* the risk of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or wear *an / a* eye mask.

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 <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

_v_ry_n_ kn_ws th_t g__d sl__p _s _mp_rt_nt f_r __r h__lth. N_t _v_ry_n_ kn_ws h_w _mp_rt_nt _t _s t_ sl__p _n th_ d_rk. _ n_w r_p_rt s_ys sl__p_ng w_th th_ l_gh_t _n c__ld b_ b_d f_r __r h__lth. R_s__rch_rs s_y t_rn_ng _ff th_ l_gh_t wh_n w_ sl__p h_lps t_ k__p _w_y d__b_t_s _nd h__rt d_s__s_. Sl__p_ng w_th th_ l_gh_t _n c__ld _ncr__s_ th_ r_sk _f g_tt_ng th_s_ d_s__s_s. Th_ r_s__rch_rs s__d _r__nd 40 p_r c_nt _f p__pl_ sl__p w_th s_m_ s_rt _f _rt_f_c__l l_gh_t. Th_y s__d _v_n l_gh_t fr_m _ t_l_v_s__n _r _l_rm cl_ck c__ld _ff_ct __r h__lth. Th_y _dd_d th_t th_ w_rst th_ng t_ sl__p w_th _s _ m__n l_gh_t. Sl__p_ng _n th_ d_rk _s m_r_ d_ff_c_lt f_r p__pl_ wh_ l_v_ _n c_t__s, wh_r_ th_r_ _s _ l_t _f __td__r l_gh_t _t n_gh_t.

Th_ r_s__rch_rs _r_ fr_m th_ N_rthw_st_rn _n_v_rs_ty F__nb_rg Sch__l _f M_d_c_n_ _n Ch_c_g_, _S_. Th_ l__d r_s__rch_r, Dr Phyll_s Z__, _s _n _xp_rt _n sl__p m_d_c_n_. Sh_ s__d _t _s h__lth__r f_r _s t_ t_rn _ff _ll l_gh_ts wh_n w_ sl__p. H_r t__m c_nd_ct_d _ st_dy _f th_ bl__d s_g_r l_v_ls _f 20 p__pl_ _ft_r n_gh_ts _f sl__p. Th_ p__pl_ wh_ sl_pt w_th _ l_gh_t _n h_d h_gh_r bl__d s_g_r l_v_ls th_ n_xt m_rn_ng c_mpr_d t_ th_s_ wh_ sl_pt _n t_t_l d_rkn_ss. Dr Z__ s__d th_s _s b_c__s_ l_gh_t st_m_l_t_s br__n _ct_v_ty, wh_ch r__s_s bl__d s_g_r l_v_ls. Sh_ s__d th_r_ _r_ thr__ th_ngs w_ c_n d_ t_ r_d_c_ th_ r_sk _f _lln_ss: t_rn _ff th_ l_gh_ts, n_v_r sl__p w_th wh_t_ _r bl__ l_gh_t; _nd _s_ _ bl_ck__t c_rt__n _r w__r _n _y_ m_sk.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

everyone knows that good sleep is important for our health not everyone knows how important it is to sleep in the dark a new report says sleeping with the light on could be bad for our health researchers say turning off the light when we sleep helps to keep away diabetes and heart disease sleeping with the light on could increase the risk of getting these diseases the researchers said around 40 per cent of people sleep with some sort of artificial light they said even light from a television or alarm clock could affect our health they added that the worst thing to sleep with is a main light sleeping in the dark is more difficult for people who live in cities where there is a lot of outdoor light at night

the researchers are from the northwestern university feinberg school of medicine in chicago usa the lead researcher dr phyllis zee is an expert in sleep medicine she said it is healthier for us to turn off all lights when we sleep her team conducted a study of the blood sugar levels of 20 people after nights of sleep the people who slept with a light on had higher blood sugar levels the next morning compared to those who slept in total darkness dr zee said this is because light stimulates brain activity which raises blood sugar levels she said there are three things we can do to reduce the risk of illness turn off the lights never sleep with white or blue light and use a blackout curtain or wear an eye mask

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220324-sleeping-with-the-light-on.html>

Everyone knows that good sleep is important for our health. Not everyone knows how important it is to sleep in the dark. A new report says sleeping with the light on could be bad for our health. Researchers say turning off the light when we sleep helps to keep away diabetes and heart disease. Sleeping with the light on could increase the risk of getting these diseases. The researchers said around 40 percent of people sleep with some sort of artificial light. They said even light from a television or alarm clock could affect our health. They added that the worst thing to sleep with is a main light. Sleeping in the dark is more difficult for people who live in cities, where there is a lot of outdoor light at night. The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The lead researcher, Dr Phyllis Zee, is an expert in sleep medicine. She said it is healthier for us to turn off all lights when we sleep. Her team conducted a study of the blood sugar levels of 20 people after nights of sleep. The people who slept with a light on had higher blood sugar levels the next morning compared to those who slept in total darkness. Dr Zee said this is because light stimulates brain activity, which raises blood sugar levels. She said there are three things we can do to reduce the risk of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or wear an eye mask.

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 story. Share what you discover with your partner(s) in the next lesson.

3. SLEEPING: Make a poster about sleeping. Show your work to your classmates in the next lesson. Did you all have similar things?

4. EDUCATION: Write a magazine article about schools teaching children about sleeping without a light on. Include imaginary interviews with people who are for and against 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 sleeping. Ask him/her three questions about it. Give him/her three of your ideas on how to sleep well. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. f 2. a 3. d 4. b 5. g 6. e 7. c
8. m 9. h 10. i 11. l 12. k 13. n 14. j

TRUE / FALSE (p.5)

- 1 F 2 T 3 F 4 F 5 F 6 F 7 T 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Our health
2. Heart disease
3. 40%
4. A main light
5. In cities
6. Sleep medicine
7. Twenty
8. People who slept with a light
9. Brain activity
10. White or blue light

WORDS IN THE RIGHT ORDER (p.19)

1. Everyone knows that good sleep is important.
2. Sleeping with the light on could be bad.
3. It increases the risk of getting these diseases.
4. More difficult for people who live in cities.
5. There's a lot of outdoor light at night.
6. Dr Zee is an expert in sleep medicine.
7. Her team conducted a study of the blood.
8. The people who slept with a light on.
9. There are three things we can do.
10. Use a blackout curtain or wear a mask.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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