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Ready-to-Use English Lessons by Sean Banville

Level 3 – 31st August 2023

Researchers find best temperature for sleeping well

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https://breakingnewsenglish.com/2308/230831-sleeping-temperature.html

Contents

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

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THE ARTICLE

The key for older people to sleep well at night could be how hot or cold their room is. Researchers say the best way to get a good night's sleep is to make sure the bedroom is between 20-25º Celsius. The researchers are from Harvard University and the Hinda and Arthur Marcus Institute for Aging Research in the USA. They asked 50 people aged 65 and older to wear a sleep monitor for a year and a half. The researchers found that the quality of sleep worsened when the room temperature was outside the 20-25-degree range. They also observed that 20ºC was the best temperature. The lead researcher said: "Sleep tends to come easier and is often deeper and more restful in a cooler environment."

The research is full of surprising information. It reported that temperature could affect sleep as much as experiencing pain or drinking alcohol before bedtime. The researchers found a 5-10 per cent drop in sleep quality when the temperature was lower than 20ºC or higher than 25ºC. They said poor sleep can lead to health issues. These include an inability to think clearly, mood swings, and higher levels of stress. Other problems include an increased chance of getting diabetes and cardiovascular diseases. The researchers said people should create, "a more comfortable home environment" to sleep well. They also highlighted, "the potential impact of climate change on sleep quality in older adults".

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?

key / sleep / hot / cold / researchers / monitor / quality / temperature / range / cooler information / pain / alcohol / bedtime / mood swings / stress / climate change / sleep

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

3. SLEEP LESSONS: Students A **strongly** believe we should all take lessons on how to sleep better; Students B **strongly** believe that's not necessary. Change partners again and talk about your conversations.

4. TEMPERATURE: How important is temperature for these things? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	Importance	**Why?**
Sleeping		
Studying		
At the beach		
Swimming pool		
Tea		
Winter		

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

6. A GOOD NIGHT'S SLEEP: Rank these with your partner. Put the best things for a good night's sleep at the top. Change partners often and share your rankings.

- Temperature
- Pyjamas
- Music
- Darkness

- Exercise
- Reading
- Milk
- Counting sheep

VOCABULARY MATCHING

Paragraph 1

1.	key	a.	Be likely to have or show a feeling or action.
2.	way	b.	An organization having a particular purpose, especially one that is involved with science, education, or a profession.
3.	institute	c.	A device used for observing, checking, or keeping a record of something.
4.	aging	d.	A thing that gives a way of doing or understanding something.
5.	monitor	e.	The area of differences between an upper and lower limit.
6.	range	f.	A method, style, or manner of doing something.
7.	tend to	g.	The process of change in someone as they get older.

Paragraph 2

8.	affect	h.	The state of being unable to do something.
9.	drop	i.	An action of dropping.
10.	lead to	j.	The action of one thing changing another thing.
11.	inability	k.	Have an effect on; make a difference to.
12.	mood swings	l.	A sudden change of your level of happiness, sadness, anger, etc.
13.	potential	m.	End in a particular event or action.
14.	impact	n.	Possible; likely

BEFORE READING / LISTENING

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

1. People need a key to get a better night's sleep.   **T / F**
2. People wore sleep monitors for 18 months.   **T / F**
3. Researchers say 25ºC is the best temperature to sleep well.   **T / F**
4. Researchers say a warmer environment is best for a good night's sleep.   **T / F**
5. Researchers say drinking alcohol before bedtime helps you sleep.   **T / F**
6. Poor sleep can make it difficult for us to think clearly.   **T / F**
7. Poor sleep can lead to heart disease.   **T / F**
8. Researchers say climate change will not affect how well we sleep.   **T / F**

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

1.	**key**	a.	head
2.	**best**	b.	problems
3.	**make sure**	c.	optimum
4.	**observed**	d.	risk
5.	**lead**	e.	answer
6.	**affect**	f.	possible
7.	**issues**	g.	noticed
8.	**chance**	h.	make
9.	**create**	i.	influence
10.	**potential**	j.	ensure

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

1.	The key for older people to sleep	a.	20-25-degree range
2.	how hot or cold	b.	65 and older
3.	the best way to get a good	c.	getting diabetes
4.	They asked 50 people aged	d.	their room is
5.	room temperature was outside the	e.	diseases
6.	drinking alcohol	f.	night's sleep
7.	an inability	g.	of climate change
8.	an increased chance of	h.	to think clearly
9.	cardiovascular	i.	well at night
10.	the potential impact	j.	before bedtime

GAP FILL

The (1) _____ for older people to sleep well at night could be how hot or cold their room is. Researchers say the best (2) _____ to get a good night's sleep is to make (3) _____ the bedroom is between 20-25º Celsius. The researchers are from Harvard University and the Hinda and Arthur Marcus Institute for Aging Research in the USA. They asked 50 people aged 65 and older to wear a sleep (4) _____ for a year and a half. The researchers found that the (5) _____ of sleep worsened when the room temperature was outside the 20-25-degree (6) _____. They also observed that 20ºC was the best temperature. The lead researcher said: "Sleep (7) _____ to come easier and is often deeper and more (8) _____ in a cooler environment."

monitor

restful

way

quality

tends

key

sure

range

The research is full of (9) _____ information. It reported that temperature could affect sleep as much as experiencing pain or (10) _____ alcohol before bedtime. The researchers found a 5-10 per cent drop in sleep (11) _____ when the temperature was lower than 20ºC or higher than 25ºC. They said poor sleep can (12) _____ to health issues. These include an inability to think (13) _____, mood swings, and higher levels of stress. Other problems include an increased (14) _____ of getting diabetes and cardiovascular diseases. The researchers said people should (15) _____, "a more comfortable home environment" to sleep well. They also highlighted, "the potential (16) _____ of climate change on sleep quality in older adults".

create

quality

chance

clearly

impact

surprising

lead

drinking

LISTENING – Guess the answers. Listen to check.

1) The key for older people to sleep well at night could be how hot or cold _____
   a. their room be
   b. their room is
   c. their room miss
   d. their roomies

2) Researchers say the best way to get a _____
   a. good nights sleep
   b. good nightlife sleep
   c. good night sleep
   d. good night's sleep

3) They asked 50 people aged 65 and older to wear _____
   a. a sleep monitor
   b. a sleep money tour
   c. a sleep monitors
   d. a sleep monitored

4) sleep worsened when the room temperature was outside the _____
   a. 20-25-degree grange
   b. 20-25-degree derange
   c. 20-25-degree arrange
   d. 20-25-degree range

5) Sleep tends to come easier and is often deeper and more restful in _____
   a. a cooler environmental
   b. a cooler environmentally
   c. a cooler environment
   d. a cooler environments

6) They said poor sleep can lead _____
   a. to healthy issues
   b. two health issues
   c. to health issues
   d. to health issue

7) These include an inability to think clearly, mood swings, and higher _____
   a. level of stress
   b. levels of stress
   c. levels off stress
   d. levels of stressed

8) problems include an increased chance of getting diabetes _____
   a. and cardiovascular diseases
   b. end cardiovascular decease
   c. end cardiovascular desist
   d. and cardiovascular diseased

9) people should create a more comfortable home environment _____
   a. to sleepy well
   b. to sleep wells
   c. to sleep well
   d. to sleep welled

10) They also highlighted the potential impact of climate change on sleep quality _____
   a. in old are adults
   b. in olden adults
   c. in older adults
   d. in old all adults

LISTENING – Listen and fill in the gaps

The (1) _____ people to sleep well at night could be how hot or cold their room is. Researchers say the best (2) _____ a good night's sleep is to make sure the bedroom is between 20-25º Celsius. The researchers are from Harvard University and the Hinda and Arthur Marcus Institute for Aging Research in the USA. They asked 50 people aged 65 and (3) _____ a sleep monitor for a year and a half. The researchers found that the quality of sleep (4) _____ room temperature was outside the 20-25-degree range. They also observed that 20ºC was the best temperature. The lead researcher said: "Sleep (5) _____ easier and is often deeper and more restful (6) _____ environment."

The research (7) _____ surprising information. It reported that temperature could affect sleep as much as experiencing pain or (8) _____ bedtime. The researchers found a 5-10 per cent drop in sleep quality when the temperature was lower than 20ºC or higher than 25ºC. They said poor sleep can (9) _____ issues. These include an inability to think clearly, (10) _____ higher levels of stress. Other problems include an increased chance of getting diabetes and cardiovascular diseases. The researchers said people should create, "a more comfortable home environment" (11) _____. They also highlighted, "the potential impact of climate change on sleep (12) _____ adults".

COMPREHENSION QUESTIONS

1. Who might sleep better in a room with the right temperature?

2. What is the best temperature range in which to sleep?

3. How many people took part in the research?

4. For how long did the people wear a sleep monitor?

5. What is the best temperature for a good night's sleep?

6. What does the article say the research is full of?

7. What does the article say poor sleep can lead to?

8. What might poor sleep lead to higher levels of?

9. What kind of diseases might we get if we do not sleep well?

10. What environmental factor could possibly affect sleep quality?

MULTIPLE CHOICE - QUIZ

1) Who might sleep better in a room
with the right temperature?
a) children
b) older adults
c) people in hot countries
d) people in cold countries

2) What is the best temperature
range in which to sleep?
a) 20-30ºC
b) 15-25ºC
c) 15-30ºC
d) 20-25ºC

3) How many people took part in the
research?
a) 50
b) 60
c) 65
d) 80

4) For how long did the people wear
a sleep monitor?
a) 6 months
b) 24 months
c) 18 months
d) 10 months

5) What is the best temperature for
a good night's sleep?
a) 19ºC
b) 20ºC
c) 21ºC
d) 22ºC

6) What does the article say the
research is full of?
a) surprising information
b) facts
c) numbers and degrees
d) temperatures

7) What does the article say poor
sleep can lead to?
a) a bad night's sleep
b) oversleeping
c) health issues
d) sleeping in

8) What might poor sleep lead to
higher levels of?
a) stress
b) adrenalin
c) sleepiness
d) accidents

9) What kind of diseases might we
get if we do not sleep well?
a) cardiovascular diseases
b) deadly diseases
c) uncurable diseases
d) curable diseases

10) What environmental factor could
possibly affect sleep quality?
a) pollution
b) our pillow
c) noise
d) climate change

ROLE PLAY

Role A – Temperature

You think temperature is the best way to get a good night's sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, counting sheep or reading.

Role B – Music

You think music is the best way to get a good night's sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): temperature, counting sheep or reading.

Role C – Counting Sheep

You think counting sheep is the best way to get a good night's sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, temperature or reading.

Role D – Reading

You think reading is the best way to get a good night's sleep. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): music, counting sheep or temperature.

AFTER READING / LISTENING

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

sleeping	temperature

- 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:

• key	• full
• sure	• pain
• asked	• lower
• worsened	• other
• best	• more
• cooler	• change

SLEEPING SURVEY

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 'sleeping'?

3. How well do you sleep?

4. Why is sleeping so important?

5. What things might stop you from sleeping?

6. At what temperature is it best to sleep?

7. What advice do you have for people who cannot sleep?

8. How hot or cold is your bedroom?

9. What's the best number of hours to sleep each night?

10. How differently do we sleep at different ages?

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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 'temperature'?

13. What do you think about what you read?

14. Have you ever tried to sleep while in pain?

15. What do you do if it's too hot to sleep?

16. What do you do it it's too cold to sleep?

17. How does sleep affect stress?

18. How could you make your bedroom better to sleep in?

19. How might climate change affect sleep?

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

The key for (1) _____ people to sleep well at night could be how hot or cold their room is. Researchers say the best way to get a good (2) _____ sleep is to make sure the bedroom is between 20-25º Celsius. The researchers are from Harvard University and the Hinda and Arthur Marcus Institute for Aging Research in the USA. They asked 50 people (3) _____ 65 and older to wear a sleep monitor for a year and a (4) _____. The researchers found that the quality of sleep worsened when the room temperature was outside the 20-25-degree (5) _____. They also observed that 20ºC was the best temperature. The lead researcher said: "Sleep tends to come easier and is often deeper and more restful (6) _____ a cooler environment."

The research is full of surprising information. It reported that temperature could (7) _____ sleep as much as experiencing pain or drinking alcohol before bedtime. The researchers found a 5-10 per cent (8) _____ in sleep quality when the temperature was lower than 20ºC or higher than 25ºC. They said poor sleep can (9) _____ to health issues. These include an inability to think clearly, mood swings, and higher levels of stress. Other problems include an increased (10) _____ of getting diabetes and cardiovascular diseases. The researchers said people should create, "a more (11) _____ home environment" to sleep well. They also highlighted, "the potential impact of climate change on sleep quality (12) _____ older adults".

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

1.	(a)	older	(b)	olden	(c)	oldest	(d)	oldie
2.	(a)	nightlife	(b)	night's	(c)	night	(d)	nights
3.	(a)	aging	(b)	ages	(c)	aged	(d)	age
4.	(a)	halves	(b)	halve	(c)	halfway	(d)	half
5.	(a)	campaign	(b)	drive	(c)	range	(d)	effort
6.	(a)	at	(b)	in	(c)	on	(d)	by
7.	(a)	infect	(b)	affect	(c)	effect	(d)	reflect
8.	(a)	tear	(b)	drop	(c)	gain	(d)	quality
9.	(a)	far	(b)	up	(c)	lead	(d)	hurt
10.	(a)	opportunity	(b)	win	(c)	problems	(d)	chance
11.	(a)	comforting	(b)	comforted	(c)	comfort	(d)	comfortable
12.	(a)	by	(b)	to	(c)	at	(d)	in

SPELLING

Paragraph 1

1. Harvard iytviUsner

2. wear a sleep rmnotoi

3. the quality of sleep ensdwreo

4. outside the 20-25-degree ganre

5. They also sveerbdo that

6. in a cooler intnvoemern

Paragraph 2

7. drinking oolahcl

8. an ltniibayi to think clearly

9. an increased chance of getting eibstaed

10. a more mftabcloore home

11. the einttpaol impact

12. tlceami change

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

(   )   to health issues. These include an inability to think clearly, mood swings, and higher levels of stress. Other problems

(**1**)   The key for older people to sleep well at night could be how hot or cold their room

(   )   researcher said: "Sleep tends to come easier and is often deeper and more restful in a cooler environment."

(   )   The research is full of surprising information. It reported that temperature could affect sleep as

(   )   20-25º Celsius. The researchers are from Harvard University and the Hinda and Arthur Marcus Institute

(   )   for Aging Research in the USA. They asked 50 people aged 65 and older to wear a sleep monitor for a year

(   )   highlighted, "the potential impact of climate change on sleep quality in older adults".

(   )   create, "a more comfortable home environment" to sleep well. They also

(   )   much as experiencing pain or drinking alcohol before bedtime. The researchers found a 5-10 per cent drop in sleep

(   )   outside the 20-25-degree range. They also observed that 20ºC was the best temperature. The lead

(   )   and a half. The researchers found that the quality of sleep worsened when the room temperature was

(   )   include an increased chance of getting diabetes and cardiovascular diseases. The researchers said people should

(   )   is. Researchers say the best way to get a good night's sleep is to make sure the bedroom is between

(   )   quality when the temperature was lower than 20ºC or higher than 25ºC. They said poor sleep can lead

PUT THE WORDS IN THE RIGHT ORDER

From   https://breakingnewsenglish.com/2308/230831-sleeping-temperature.html

1. well   .   for   The   people   to   older   sleep   key

2. good   to   sleep   .   get   way   night's   The   a

3. sleep   that   the   Researchers   worsened   .   of   found   quality

4. best   was   They   observed   the   that   20ºC   temperature   .

5. cooler   restful   in   Deeper   a   more   environment   .   and

6. surprising   full   is   research   The   information   .   of

7. sleep   .   temperature   affect   could   It   reported   that

8. sleep   Poor   can   health   lead   to   issues   .

9. include   an   increased   of   getting   diabetes   .   chance   Problems

10. of   on   climate   change   impact   The   quality   .   sleep

CIRCLE THE CORRECT WORD (20 PAIRS)

From

The key for older people to sleep *good / well* at night could be how hot or cold their room *be / is*. Researchers say the best way to *do / get* a good night's sleep is to make *unsure / sure* the bedroom is between 20-25º Celsius. The researchers are *from / for* Harvard University and the Hinda and Arthur Marcus Institute for Aging Research in the USA. They asked 50 people *age / aged* 65 and older to wear a sleep monitor for a year *and / end* a half. The researchers found that the quality of sleep worsened when the room temperature was outside the 20-25-degree *ranger / range*. They also observed that 20ºC was the best temperature. The *lead / steel* researcher said: "Sleep tends to come easier and is often *deeper / deepen* and more restful in a cooler environment."

The research is *fill / full* of surprising information. It reported that temperature could *affect / effect* sleep as much as experiencing *pained / pain* or drinking alcohol before bedtime. The researchers found a 5-10 per cent *drop / drip* in sleep quality when the temperature was *lower / allowed* than 20ºC or higher than 25ºC. They said poor sleep can lead to *healthy / health* issues. These include an inability to think clearly, mood swings, and higher levels of stress. Other problems include an increased *chance / change* of getting diabetes and cardiovascular diseases. The researchers said people should *crate / create*, "a more comfortable home environment" to sleep well. They also *lowlighted / highlighted*, "the potential impact of climate change on sleep quality in *older / olden* adults".

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

Th_ k_y f_r _ld_r p___pl_ t_ sl__p w_ll _t n_ght c__ld b_ h_w h_t _r c_ld th__r r__m _s. R_s__rch_rs s_y th_ b_st w_y t_ g_t _ g__d n_ght's sl__p _s t_ m_k_ s_r_ th_ b_dr__m _s b_tw__n 20-25º C_ls__s. Th_ r_s__rch_rs _r_ fr_m H_rv_rd _n_v_rs_ty _nd th_ H_nd_ _nd _rth_r M_rc_s _nst_t_t_ f_r _g_ng R_s__rch _n th_ _S_. Th_y _sk_d 50 p___pl_ _g_d 65 _nd _ld_r t_ w__r _ sl__p m_n_t_r f_r _ y__r _nd _ h_lf. Th_ r_s__rch_rs f__nd th_t th_ q__l_ty _f sl__p w_rs_n_d wh_n th_ r__m t_mp_r_t_r_ w_s __ts_d_ th_ 20-25-d_gr__ r_ng_. Th_y _ls_ _bs_rv_d th_t 20ºC w_s th_ b_st t_mp_r_t_r_. Th_ l__d r_s__rch_r s__d: "Sl__p t_nds t_ c_m_ __s__r _nd _s _ft_n d__p_r _nd m_r_ r_stf_l _n _ c__l_r _nv_r_nm_nt."

Th_ r_s__rch _s f_ll _f s_rpr_s_ng _nf_rm_t__n. _t r_p_rt_d th_t t_mp_r_t_r_ c__ld _ff_ct sl__p _s m_ch _s _xp_r__nc_ng p__n _r dr_nk_ng _lc_h_l b_f_r_ b_dt_m_. Th_ r_s__rch_rs f__nd _ 5-10 p_r c_nt dr_p _n sl__p q__l_ty wh_n th_ t_mp_r_t_r_ w_s l_w_r th_n 20ºC _r h_gh_r th_n 25ºC. Th_y s__d p__r sl__p c_n l__d t_ h__lth _ss__s. Th_s_ _ncl_d_ _n _n_b_l_ty t_ th_nk cl__rly, m__d sw_ngs, _nd h_gh_r l_v_ls _f str_ss. _th_r pr_bl_ms _ncl_d_ _n _ncr__s_d ch_nc_ _f g_tt_ng d__b_t_s _nd c_rd__v_sc_l_r d_s__s_s. Th_ r_s__rch_rs s__d p__pl_ sh__ld cr__t_, "_ m_r_ c_mf_rt_bl_ h_m_ _nv_r_nm_nt" t_ sl__p w_ll. Th_y _ls_ h_ghl_ght_d, "th_ p_t_nt__l _mp_ct _f cl_m_t_ ch_ng_ _n sl__p q__l_ty _n _ld_r _d_lts".

PUNCTUATE THE TEXT AND ADD CAPITALS

the key for older people to sleep well at night could be how hot or cold their room is researchers say the best way to get a good nights sleep is to make sure the bedroom is between 2025 celsius the researchers are from harvard university and the hinda and arthur marcus institute for aging research in the usa they asked 50 people aged 65 and older to wear a sleep monitor for a year and a half the researchers found that the quality of sleep worsened when the room temperature was outside the 2025degree range they also observed that 20c was the best temperature the lead researcher said sleep tends to come easier and is often deeper and more restful in a cooler environment

the research is full of surprising information it reported that temperature could affect sleep as much as experiencing pain or drinking alcohol before bedtime the researchers found a 510 per cent drop in sleep quality when the temperature was lower than 20c or higher than 25c they said poor sleep can lead to health issues these include an inability to think clearly mood swings and higher levels of stress other problems include an increased chance of getting diabetes and cardiovascular diseases the researchers said people should create a more comfortable home environment to sleep well they also highlighted the potential impact of climate change on sleep quality in older adults

PUT A SLASH (/) WHERE THE SPACES ARE

Thekeyforolderpeopletosleepwellatnightcouldbehowhotorcoldtheirr

oomis.Researcherssaythebestwaytogetagoodnight'ssleepistomake

surethebedroomisbetween20-25ºCelsius.Theresearchersarefrom

HarvardUniversityandtheHindaandArthurMarcusInstituteforAgingR

esearchintheUSA.Theyasked50peopleaged65andoldertowearaslee

pmonitorforayearandahalf.Theresearchersfoundthatthequalityofsle

epworsenedwhentheroomtemperaturewasoutsidethe20-25-degre

erange.Theyalsoobservedthat20ºCwasthebesttemperature.Thelea

dresearchersaid:"Sleeptendstocomeeasierandisoftendeeperandmo

rerestfulinacoolerenvironment."Theresearchisfullofsurprisinginfor

mation.Itreportedthattemperaturecouldaffectsleepasmuchasexperi

encingpainordrinkingalcoholbeforebedtime.Theresearchersfounda

5-10percentdropinsleepqualitywhenthetemperaturewaslowertha

n20ºCorhigherthan25ºC.Theysaidpoorsleepcanleadtohealthissues.

Theseincludeaninabilitytothinkclearly,moodswings,andhigherlevels

ofstress.Otherproblemsincludeanincreasedchanceofgettingdiabete

sandcardiovasculardiseases.Theresearcherssaidpeopleshouldcreat

e,"amorecomfortablehomeenvironment"tosleepwell.Theyalsohighli

ghted,"thepotentialimpactofclimatechangeonsleepqualityinolderad

ults".

FREE WRITING

Write about **sleeping** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

From   https://breakingnewsenglish.com/2308/230831-sleeping-temperature.html

We should all sleep early, for seven hours, in a 20ºC room. Discuss.

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. SLEEPING LESSONS: Write a magazine article about having sleeping lessons at school so students understand the importance of sleep. 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 for getting a good sleep. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Older adults
2. 20-25ºC
3. Fifty
4. A year and a half
5. 20ºC
6. Surprising information
7. Health issues
8. Stress
9. Cardiovascular diseases
10. Climate change

WORDS IN THE RIGHT ORDER (p.19)

1. The key for older people to sleep well.
2. The way to get a good night's sleep.
3. Researchers found that the quality of sleep worsened.
4. They observed that 20ºC was the best temperature.
5. Deeper and more restful in a cooler environment.
6. The research is full of surprising information.
7. It reported that temperature could affect sleep.
8. Poor sleep can lead to health issues.
9. Problems include an increased chance of getting diabetes.
10. The impact of climate change on sleep quality.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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