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## Level 6

# Night work could damage your health

23rd January, 2014

<http://www.breakingnewsenglish.com/1401/140123-night-work.html>

## Contents

|                                |    |  |    |
|--------------------------------|----|--|----|
| The Article                    | 2  | Discussion (Student-Created Qs)        | 14 |
| Warm-Ups                       | 3  | Language Work (Cloze)                  | 15 |
| Before Reading / Listening     | 4  | Spelling                               | 16 |
| While Reading / Listening      | 5  | Put The Text Back Together             | 17 |
| Match The Sentences And Listen | 6  | Put The Words In The Right Order       | 18 |
| Listening Gap Fill             | 7  | Circle The Correct Word                | 19 |
| Comprehension Questions        | 8  | Insert The Vowels (a, e, i, o, u)      | 20 |
| Multiple Choice - Quiz         | 9  | Punctuate The Text And Add Capitals    | 21 |
| Role Play                      | 10 | Put A Slash ( / ) Where The Spaces Are | 22 |
| After Reading / Listening      | 11 | Free Writing                           | 23 |
| Student Survey                 | 12 | Academic Writing                       | 24 |
| Discussion (20 Questions)      | 13 | Homework                               | 25 |
|                                |    | Answers                                | 26 |

**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

A new study suggests working shifts at night can be damaging to one's health. In particular, it increases the risk of several cancers, diabetes, mental illnesses, and various heart diseases. Researchers from the Sleep Research Centre at the U.K.'s University of Surrey discovered that many genes in the body needed to follow a regular 24-hour cycle, during which the body sleeps at night. If this cycle is broken, up to 1,500 genes could get damaged, eventually resulting in potentially life-threatening diseases. Professor Derk-Jan Dijk said: "The study has important implications because we now need to discover why these rhythms exist and think about the consequences of that."

The human body has around 24,000 genes. Many of these switch off if the body does not follow a regular sleeping pattern. This can cause parts of the immune system to become less efficient, making us more susceptible to illnesses. Study co-author Dr Simon Archer said: "Over 97 per cent of rhythmic genes become out-of-sync with mistimed sleep, which really explains why we feel so bad during jet lag or if we have to work irregular shifts." Dr Dijk said that despite the results of the research, it would be difficult for people to change their lifestyles. He explained it was difficult for society to function without people working night shifts, but said people needed to understand the dangers and "mitigate the impact".

Sources: <http://www.dailymail.co.uk/health/article-2542780/Working-shifts-damage-1-500-genes-New-finding-explain-shift-work-associated-health-problems.html>  
<http://www.telegraph.co.uk/science/science-news/10584723/Why-night-shift-and-jet-lag-make-you-feel-so-bad.html>

# WARM-UPS

**1. WORKING AT NIGHT:** Students walk around the class and talk to other students about working at night. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

*study / night shifts / diabetes / sleep / genes / life-threatening / diseases / rhythms / human body / pattern / immune system / out-of-sync / jet lag / research / society*

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

**3. WORKING TIME:** What are the problems with these working times? Complete this table with your partner(s). Change partners often and share what you wrote.

|            | Problems | How to work better |
|------------|----------|--------------------|
| 3am - 6am  |          |                    |
| 8am - 11am |          |                    |
| Lunch time |          |                    |
| 4pm - 7pm  |          |                    |
| 8pm - 11pm |          |                    |
| 12am - 3am |          |                    |

**4. NIGHT SHIFT:** Students A **strongly** believe working at night is better than working during the day; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**5. SLEEP:** Rank these and share your rankings with your partner. Put the ones that interrupt your sleep most at the top. Change partners often and share your rankings.

- light
- stress
- noise outside
- snoring
- feeling too hot / cold
- bad dreams / nightmares
- noises in the house
- thinking too much

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

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

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

- |   |       |
|---|-------|
| a. Night shifts decrease the risk of getting diabetes.                      | T / F |
| b. The research is from a British university.                               | T / F |
| c. As many as 1,500 genes could be damaged by irregular sleep patterns.     | T / F |
| d. A professor found out why sleeping patterns that affect genes exist.     | T / F |
| e. The human body has about 240,000 genes.                                  | T / F |
| f. Irregular sleeping patterns can weaken the immune system.                | T / F |
| g. Irregular sleep affects 97% of all our genes that depend on rhythms.     | T / F |
| h. A doctor said it was easy for society to function without night workers. | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |                 |                  |
|-----------------|------------------|
| 1. study        | a. repercussions |
| 2. damaging     | b. operate       |
| 3. resulting in | c. turn          |
| 4. cycle        | d. harmful       |
| 5. consequences | e. prone         |
| 6. switch       | f. report        |
| 7. susceptible  | g. lessen        |
| 8. despite      | h. rhythm        |
| 9. function     | i. in spite of   |
| 10. mitigate    | j. leading to    |

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

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1. it increases the               | a. broken                |
| 2. follow a regular               | b. of-sync               |
| 3. this cycle is                  | c. the consequences      |
| 4. resulting in potentially life- | d. system                |
| 5. think about                    | e. 24-hour cycle         |
| 6. the immune                     | f. "mitigate the impact" |
| 7. making us more susceptible     | g. risk                  |
| 8. genes become out-              | h. lag                   |
| 9. jet                            | i. threatening diseases  |
| 10. understand the dangers and    | j. to illnesses          |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

A new study suggests working shifts at night can be damaging to one's health. In particular, it increases the (1) \_\_\_\_\_ of several cancers, diabetes, mental illnesses, and (2) \_\_\_\_\_ heart diseases. Researchers from the Sleep Research Centre at the U.K.'s University of Surrey discovered that many (3) \_\_\_\_\_ in the body needed to (4) \_\_\_\_\_ a regular 24-hour cycle, during which the body sleeps at night. If this cycle is (5) \_\_\_\_\_, up to 1,500 genes could get damaged, (6) \_\_\_\_\_ resulting in potentially life-threatening diseases. Professor Derk-Jan Dijk said: "The study has important (7) \_\_\_\_\_ because we now need to discover why these rhythms (8) \_\_\_\_\_ and think about the consequences of that."

*eventually*  
*follow*  
*exist*  
*risk*  
*implications*  
*broken*  
*various*  
*genes*

The human body has around 24,000 genes. Many of these (9) \_\_\_\_\_ off if the body does not follow a regular sleeping (10) \_\_\_\_\_. This can cause parts of the immune system to become less (11) \_\_\_\_\_, making us more susceptible to illnesses. Study co-author Dr Simon Archer said: "Over 97 per cent of (12) \_\_\_\_\_ genes become out-of-sync with mistimed sleep, which really explains why we feel so bad during (13) \_\_\_\_\_ lag or if we have to work irregular shifts." Dr Dijk said that despite the (14) \_\_\_\_\_ of the research, it would be difficult for people to change their lifestyles. He explained it was difficult for society to (15) \_\_\_\_\_ without people working night shifts, but said people needed to understand the dangers and "mitigate the (16) \_\_\_\_\_".

*jet*  
*efficient*  
*function*  
*switch*  
*impact*  
*pattern*  
*results*  
*rhythmic*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

- 1) it increases the risk of several cancers, diabetes, mental illnesses, and \_\_\_\_\_
  - a. ferrous heart diseases
  - b. various heart diseases
  - c. furious heart diseases
  - d. varicose heart diseases
- 2) many genes in the body needed to follow a regular \_\_\_\_\_
  - a. 24-hour cycling
  - b. 24-hour cycled
  - c. 24-hour cycle
  - d. 24-hour cyclist
- 3) If this cycle is broken, up to 1,500 genes could \_\_\_\_\_
  - a. get damages
  - b. get damaged
  - c. get damaging
  - d. get damage
- 4) eventually resulting in potentially life-\_\_\_\_\_
  - a. threatening diseases
  - b. threaten in diseases
  - c. threatening in diseases
  - d. threat and in diseases
- 5) we now need to discover why these rhythms exist and think about \_\_\_\_\_
  - a. the consequence
  - b. the consequential
  - c. the consequences
  - d. the consequentially
- 6) parts of the \_\_\_\_\_
  - a. immunity system
  - b. impunity system
  - c. commune system
  - d. immune system
- 7) Over 97 per cent of rhythmic genes become \_\_\_\_\_
  - a. out-of-sink
  - b. outer sync
  - c. outer sink
  - d. out-of-sync
- 8) why we feel so bad during jet lag or if we have to \_\_\_\_\_
  - a. work in regular shifts
  - b. work in irregular shifts
  - c. work irregular shifts
  - d. work irregularly shifts
- 9) it would be difficult for people to change \_\_\_\_\_
  - a. their lifestyle
  - b. their lifestyles
  - c. their life's styles
  - d. their live styles
- 10) people needed to understand the dangers and " \_\_\_\_\_ "
  - a. mitigate the impact
  - b. mitigate the impart
  - c. mitigate the import
  - d. mitigate the in pact

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

A new study suggests working (1) \_\_\_\_\_ damaging to one's health. In particular, it increases (2) \_\_\_\_\_ cancers, diabetes, mental illnesses, and various heart diseases. Researchers from the Sleep Research Centre at the U.K.'s University of Surrey discovered that many genes in the body needed (3) \_\_\_\_\_ 24-hour cycle, during which the body sleeps at night. If (4) \_\_\_\_\_, up to 1,500 genes could get damaged, eventually (5) \_\_\_\_\_ life-threatening diseases. Professor Derk-Jan Dijk said: "The study has important implications because we now need to discover why these rhythms exist and think about (6) \_\_\_\_\_ that."

The human body has around 24,000 genes. Many (7) \_\_\_\_\_ if the body does not follow a regular sleeping pattern. This can cause parts of (8) \_\_\_\_\_ become less efficient, making us more susceptible to illnesses. Study co-author Dr Simon Archer said: "Over 97 per cent of rhythmic genes (9) \_\_\_\_\_ with mistimed sleep, which really explains why we (10) \_\_\_\_\_ jet lag or if we have to work irregular shifts." Dr Dijk said that despite the results of the research, it would be difficult for people to (11) \_\_\_\_\_. He explained it was difficult for society to function without people working night shifts, but said people needed to understand the dangers and " (12) \_\_\_\_\_".

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

1. What suggested working shifts at night could damage one's health?

---

2. In which country is the university that conducted the research?

---

3. How many genes could get damaged?

---

4. What could damaged genes potentially result in?

---

5. What did a professor say we needed to discover?

---

6. What do many genes do if they do not follow a regular sleeping pattern?

---

7. What can become less efficient with irregular sleep?

---

8. What else is mentioned that upsets our sleeping pattern?

---

9. What did a doctor say was difficult for people to change?

---

10. What did the doctor say people needed to understand?

---



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

1. What suggested working shifts at night could damage one's health?
  - a) an Internet website
  - b) a documentary
  - c) a hospital
  - d) a report
2. In which country is the university that conducted the research?
  - a) Ukraine
  - b) England
  - c) South Africa
  - d) the USA
3. How many genes could get damaged?
  - a) all of them
  - b) 24,000
  - c) 14,520
  - d) as many as 1,500
4. What could damaged genes potentially result in?
  - a) compensation claims
  - b) the gene pool
  - c) life-threatening diseases
  - d) weight loss
5. What did a professor say we needed to discover?
  - a) the missing gene
  - b) ourselves
  - c) the secret of life
  - d) why rhythms exist
6. What do many genes do if they do not follow a regular sleeping pattern?
  - a) merge with adjacent genes
  - b) double in size
  - c) switch off
  - d) work faster
7. What did the article say becomes less efficient with irregular sleep?
  - a) the immune system
  - b) studying English
  - c) the rhythm of life
  - d) illness
8. What else is mentioned that upsets our sleeping pattern?
  - a) alcohol
  - b) alarm clocks
  - c) jet lag
  - d) stress and anxiety
9. What did a doctor say was difficult for people to change?
  - a) results
  - b) their lifestyle
  - c) pajamas (USA) pyjamas (UK)
  - d) genes
10. What did the doctor say people needed to understand?
  - a) the dangers of irregular sleep
  - b) how many genes we have
  - c) how to look after your genes
  - d) gene therapy

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

## **Role A – Midnight**

You think midnight is the best time to work. Tell the others three reasons why. Tell them things that are wrong with their times. Also, tell the others which is the worst of these (and why): lunch time, 6am or 6pm.

## **Role B – Lunch time**

You think lunch time is the best time to work. Tell the others three reasons why. Tell them things that are wrong with their times. Also, tell the others which is the worst of these (and why): midnight, 6am or 6pm.

## **Role C – 6am**

You think 6am is the best time to work. Tell the others three reasons why. Tell them things that are wrong with their times. Also, tell the others which is the worst of these (and why): lunch time, midnight or 6pm.

## **Role D – 6pm**

You think 6pm is the best time to work. Tell the others three reasons why. Tell them things that are wrong with their times. Also, tell the others which is the worst of these (and why): lunch time, 6am or midnight.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

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

|              |             |
|--------------|-------------|
| <b>night</b> | <b>work</b> |
|--------------|-------------|

- 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"><li>• particular</li><li>• various</li><li>• discovered</li><li>• up to</li><li>• important</li><li>• think</li></ul> | <ul style="list-style-type: none"><li>• 24,000</li><li>• parts</li><li>• 97</li><li>• despite</li><li>• society</li><li>• dangers</li></ul> |
|---|---|

# WORKING AT NIGHT SURVEY

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

Write five GOOD questions about working at night 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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.

# WORKING AT NIGHT DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'sleep'?
- c) What do you think of working at night?
- d) Have you ever worked or studied all night?
- e) Why do some people prefer working or studying at night?
- f) Are there any advantages to working at night?
- g) How would you describe your sleeping patterns?
- h) Are you a good sleeper?
- i) How are you if you do not get enough sleep?
- j) Do you ever think about the effects on health of a lack of sleep?

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# WORKING AT NIGHT DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) Are you surprised at anything you read or heard in the article?
- c) Have you ever felt really bad because of a lack of sleep?
- d) Will you try to sleep more regularly from now?
- e) Have you ever had jet lag? What do you do for it?
- f) Would it be easy for you to change your lifestyle to work nights?
- g) What would change in society if no one worked nights?
- h) Should people get paid danger money for working nights?
- i) Would you accept a job that involved night shifts?
- j) What questions would you like to ask a sleep expert?

# 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 <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

A new study suggests working shifts at night can be damaging to one's health. In particular, it increases the (1) \_\_\_\_\_ of several cancers, diabetes, mental illnesses, and (2) \_\_\_\_\_ heart diseases. Researchers from the Sleep Research Centre at the U.K.'s University of Surrey discovered that many genes in the body needed to (3) \_\_\_\_\_ a regular 24-hour cycle, (4) \_\_\_\_\_ which the body sleeps at night. If this cycle is broken, up to 1,500 genes could get damaged, eventually resulting (5) \_\_\_\_\_ potentially life-threatening diseases. Professor Derk-Jan Dijk said: "The study has important (6) \_\_\_\_\_ because we now need to discover why these rhythms exist and think about the consequences of that."

The human body has around 24,000 genes. Many of these switch off if the body does not follow a regular sleeping pattern. This can (7) \_\_\_\_\_ parts of the immune system to become less efficient, (8) \_\_\_\_\_ us more susceptible to illnesses. Study co-author Dr Simon Archer said: "Over 97 per cent of rhythmic genes become out-of-(9) \_\_\_\_\_ with mistimed sleep, which really explains why we feel so bad during jet (10) \_\_\_\_\_ or if we have to work irregular shifts." Dr Dijk said that despite the results of the research, it would be difficult for people to change their lifestyles. He explained it was difficult for society to (11) \_\_\_\_\_ without people working night shifts, but said people needed to understand the dangers and "(12) \_\_\_\_\_ the impact".

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

- |     |                  |                   |                   |                  |
|-----|------------------|-------------------|-------------------|------------------|
| 1.  | (a) risky        | (b) risqué        | (c) risk          | (d) risked       |
| 2.  | (a) various      | (b) varied        | (c) variety       | (d) varies       |
| 3.  | (a) follow       | (b) pursue        | (c) chase         | (d) stalk        |
| 4.  | (a) during       | (b) while         | (c) within        | (d) through      |
| 5.  | (a) of           | (b) in            | (c) to            | (d) at           |
| 6.  | (a) inculcations | (b) implantations | (c) imperfections | (d) implications |
| 7.  | (a) lead         | (b) result        | (c) cause         | (d) create       |
| 8.  | (a) makes        | (b) made          | (c) make          | (d) making       |
| 9.  | (a) sync         | (b) site          | (c) sine          | (d) syntax       |
| 10. | (a) gel          | (b) lag           | (c) arc           | (d) nix          |
| 11. | (a) fiction      | (b) function      | (c) faction       | (d) friction     |
| 12. | (a) migrate      | (b) mutilate      | (c) mitigate      | (d) ameliorate   |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

## Paragraph 1

1. In lirptauarc...
2. riuasov heart diseases
3. many nsege in the body
4. potentially life-enairnettgh diseases
5. The study has important olnpitsmiaci
6. think about the uecseoqcnsen

## Paragraph 2

7. the mnmeui system
8. become less cetefinif
9. making us more secuiestbpl to illnesses
10. work grruareli shifts
11. difficult for yiceots
12. tieamgti the impact



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

**Number these lines in the correct order.**

- ( ) shifts." Dr Dijk said that despite the results of the research, it would be difficult for people to change their
- ( ) sync with mistimed sleep, which really explains why we feel so bad during jet lag or if we have to work irregular
- ( ) threatening diseases. Professor Derk-Jan Dijk said: "The study has important implications because we now need to
- ( **1** ) A new study suggests working shifts at night can be damaging to one's health. In
- ( ) diseases. Researchers from the Sleep Research Centre at the U.K.'s University of Surrey discovered that many
- ( ) genes in the body needed to follow a regular 24-hour cycle, during which the body sleeps at night. If this cycle is
- ( ) lifestyles. He explained it was difficult for society to function without people
- ( ) particular, it increases the risk of several cancers, diabetes, mental illnesses, and various heart
- ( ) working night shifts, but said people needed to understand the dangers and "mitigate the impact".
- ( ) broken, up to 1,500 genes could get damaged, eventually resulting in potentially life-
- ( ) to illnesses. Study co-author Dr Simon Archer said: "Over 97 per cent of rhythmic genes become out-of-
- ( ) The human body has around 24,000 genes. Many of these switch off if the body does not follow a regular sleeping
- ( ) pattern. This can cause parts of the immune system to become less efficient, making us more susceptible
- ( ) discover why these rhythms exist and think about the consequences of that."

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

1. health Working shifts at night can be damaging to one's.

---

2. it increases the risk of several cancers In particular ,.

---

3. to needed body The cycle hour - 24 regular a follow.

---

4. in Resulting diseases threatening - life potentially.

---

5. these need why exist now discover rhythms We to.

---

6. of system less Parts immune become the to efficient.

---

7. we feel so bad during jet lag Which explains why.

---

8. for people to change their lifestyles It would be difficult.

---

9. function Difficult without for people society working to.

---

10. mitigate and dangers the Understand impact the.

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

A new study *suggests / suggesting* working shifts at night can be damaging to one's *healthy / health*. In particular, it increases the risk of several cancers, diabetes, mental illnesses, and *various / variety* heart diseases. Researchers from the Sleep Research Centre at the U.K.'s University of Surrey discovered that *many / much* genes in the body needed to follow a *regular / regularly* 24-hour cycle, during *when / which* the body sleeps at night. If this cycle is *breaking / broken*, up to 1,500 genes could get damaged, eventually resulting *in / at* potentially life-threatening diseases. Professor Derk-Jan Dijk said: "The study has important *complications / implications* because we now need to discover why these rhythms exist and think about the *consequences / consequential* of that."

The human body has around 24,000 genes. Many of these *switched / switch* off if the body does not follow a *regularly / regular* sleeping pattern. This can cause parts of the *immunity / immune* system to become less *efficient / proficient*, making us more *susceptible / suspicious* to illnesses. Study co-author Dr Simon Archer said: "Over 97 per cent of rhythmic genes become out-of-sync with *mistimed / mischief* sleep, which really explains why we feel so bad during *jet / air* lag or if we have to work irregular shifts." Dr Dijk said that despite the results of the research, it would be *difficulty / difficult* for people to change their *styles / lifestyles*. He explained it was difficult for society to function without people working night shifts, but said people needed to understand the dangers and "*mitigate / migrate* the impact".

**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 <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

\_ n\_w st\_dy s\_gg\_sts w\_rk\_ng sh\_fts \_t n\_ght c\_n b\_  
d\_m\_g\_ng t\_ \_n\_'s h\_\_lth. \_n p\_rt\_c\_l\_r, \_t \_ncr\_\_s\_s  
th\_ \_r\_sk \_f s\_v\_r\_l c\_nc\_rs, d\_\_b\_t\_s, m\_nt\_l  
\_lln\_ss\_s, \_nd v\_r\_\_s h\_\_rt d\_s\_\_s\_s. R\_s\_\_rch\_rs  
fr\_m th\_ Sl\_\_p R\_s\_\_rch C\_ntr\_ \_t th\_ \_\_.K.'s  
\_n\_v\_rs\_ty \_f S\_rr\_y d\_sc\_v\_r\_d th\_t m\_ny g\_n\_s \_n  
th\_ b\_dy n\_\_d\_d t\_ f\_ll\_w \_r\_g\_l\_r 24-h\_\_r cycl\_,  
d\_r\_ng wh\_ch th\_ b\_dy sl\_\_ps \_t n\_ght. \_f th\_s cycl\_  
\_s br\_k\_n, \_p\_t\_ 1,500 g\_n\_s c\_\_ld g\_t d\_m\_g\_d,  
\_v\_nt\_\_lly r\_s\_lt\_ng \_n p\_t\_nt\_\_lly l\_f\_-thr\_\_t\_n\_ng  
d\_s\_\_s\_s. Pr\_f\_ss\_r D\_rk-J\_n D\_jk s\_\_d: "Th\_ st\_dy  
h\_s \_mp\_rt\_nt \_mpl\_c\_t\_\_ns b\_c\_\_s\_ w\_n\_w\_n\_\_d t\_  
d\_sc\_v\_r why th\_s\_rhythms \_x\_st \_nd th\_nk \_b\_\_t th\_  
c\_ns\_q\_\_nc\_s \_f th\_t."

Th\_ h\_m\_n b\_dy h\_s \_r\_\_nd 24,000 g\_n\_s. M\_ny \_f  
th\_s\_ sw\_tch \_ff \_f th\_ b\_dy d\_\_s\_n\_t f\_ll\_w \_r\_g\_l\_r  
sl\_\_p\_ng p\_tt\_rn. Th\_s c\_n c\_\_s\_p\_rts \_f th\_ \_mm\_n\_  
syst\_m t\_ b\_c\_m\_ l\_ss \_ff\_c\_\_nt, m\_k\_ng \_s m\_r\_  
s\_sc\_pt\_bl\_ t\_ \_lln\_ss\_s. St\_dy c\_-\_th\_r Dr S\_m\_n  
\_rch\_r s\_\_d: "\_v\_r 97 p\_r\_c\_nt \_f rhythm\_c\_g\_n\_s  
b\_c\_m\_ \_\_t-f-sync w\_th m\_st\_m\_d sl\_\_p, wh\_ch r\_\_lly  
\_xpl\_\_ns why w\_f\_\_l\_s\_b\_d\_d\_r\_ng j\_t\_l\_g\_r \_f w\_  
h\_v\_t\_ w\_rk \_\_r\_g\_l\_r sh\_fts." Dr D\_jk s\_\_d th\_t  
d\_sp\_t\_ th\_ r\_s\_lts \_f th\_ r\_s\_\_rch, \_t w\_\_ld b\_  
d\_ff\_c\_lt f\_r p\_\_pl\_ t\_ ch\_ng\_ th\_\_r l\_fstyl\_s. H\_  
\_xpl\_\_n\_d \_t w\_s d\_ff\_c\_lt f\_r s\_c\_\_ty t\_ f\_nct\_\_n  
w\_th\_\_t p\_\_pl\_ w\_rk\_ng n\_ght sh\_fts, b\_t s\_\_d p\_\_pl\_  
n\_\_d\_d\_t\_ \_nd\_rst\_nd th\_ d\_ng\_rs \_nd "m\_t\_g\_t\_ th\_  
\_mp\_ct".

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

a new study suggests working shifts at night can be damaging to one's health in particular it increases the risk of several cancers diabetes mental illnesses and various heart diseases researchers from the sleep research centre at the uk's university of surrey discovered that many genes in the body needed to follow a regular 24-hour cycle during which the body sleeps at night if this cycle is broken up to 1500 genes could get damaged eventually resulting in potentially life-threatening diseases professor derk-jan dijk said "the study has important implications because we now need to discover why these rhythms exist and think about the consequences of that" the human body has around 24000 genes many of these switch off if the body does not follow a regular sleeping pattern this can cause parts of the immune system to become less efficient making us more susceptible to illnesses study co-author dr simon archer said "over 97 per cent of rhythmic genes become out-of-sync with mistimed sleep which really explains why we feel so bad during jet lag or if we have to work irregular shifts" dr dijk said that despite the results of the research it would be difficult for people to change their lifestyles he explained it was difficult for society to function without people working night shifts but said people needed to understand the dangers and "mitigate the impact"

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1401/140123-night-work.html>

A new study suggests working shifts at night can be damaging to one's health. In particular, it increases the risk of several cancers, diabetes, mental illnesses, and various heart diseases. Researchers from the Sleep Research Centre at the U.K.'s University of Surrey discovered that many genes in the body needed to follow a regular 24-hour cycle, during which the body sleeps at night. If this cycle is broken, up to 1,500 genes could get damaged, eventually resulting in potentially life-threatening diseases. Professor Derk-Jan Dijk said: "The study has important implications because we now need to discover why these rhythms exist and think about the consequences of that." The human body has around 24,000 genes. Many of these switch off if the body does not follow a regular sleeping pattern. This can cause parts of the immune system to become less efficient, making us more susceptible to illnesses. Study co-author Dr Simon Archers said: "Over 97 percent of rhythmic genes become out-of-sync with mistimed sleep, which really explains why we feel so bad during jet lag or if we have to work irregular shifts." Dr Dijk said that despite the results of the research, it would be difficult for people to change their lifestyles. He explained it was difficult for society to function without people working night shifts, but said people needed to understand the dangers and "mitigate the impact".







# 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 working at night. Share what you discover with your partner(s) in the next lesson.

**3. WORKING AT NIGHT:** Make a poster about working at night. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. NIGHT SHIFT:** Write a magazine article about working the night shift. Include imaginary interviews with people who are for and against it.

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 a doctor. Ask him/her three questions about working at night. Give him/her three of your opinions on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a F    b T    c T    d F    e F    f T    g T    h F

## SYNONYM MATCH (p.4)

- |                 |                  |
|-----------------|------------------|
| 1. study        | a. report        |
| 2. damaging     | b. harmful       |
| 3. resulting in | c. leading to    |
| 4. cycle        | d. rhythm        |
| 5. consequences | e. repercussions |
| 6. switch       | f. turn          |
| 7. susceptible  | g. prone         |
| 8. despite      | h. in spite of   |
| 9. function     | i. operate       |
| 10. mitigate    | j. lessen        |

## COMPREHENSION QUESTIONS (p.8)

1. A new study
2. The U.K.
3. Up to 1,500
4. Life-threatening diseases
5. Why (gene) rhythms exist
6. Switch off
7. The immune system
8. Jet lag
9. Their lifestyle
10. The dangers

## MULTIPLE CHOICE - QUIZ (p.9)

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

## ALL OTHER EXERCISES

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