Breaking News English.com
Ready-to-Use English Lessons by Sean Banville

Level 1 – 6th February, 2019
We may be able to learn vocabulary while sleeping

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

https://breakingnewsenglish.com/1902/190206-learning-vocabulary-1.html

Contents

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

Twitter
twitter.com/SeanBanville

Facebook
www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +
https://plus.google.com/+SeanBanville

THE READING

We could learn vocabulary while we are asleep. This is great news for language learners and word lovers. Researchers showed it is possible to learn new information while sleeping deeply, and recall this information later. The researchers did tests to see if a person can remember new words and their translations while they were asleep. The researchers said our sleeping brain is much more aware than we thought.

A researcher said, "language areas of the brain and the...brain's...memory were activated" after a person wakes up. These areas of the brain remember vocabulary during sleep. During deep sleep, our brain is active for about half a second. It then switches off for half a second. The active state is called "up-state". This is when our brain could learn new vocabulary. More research is needed to be sure that we can learn vocabulary while sleeping.

Sources: https://**interestingengineering.com**/study-shows-that-new-vocabulary-can-be-learned-while-
sleeping
https://www.**sciencedaily.com**/releases/2019/01/190131113837.htm
https://**eurekalert.org**/pub_releases/2019-01/uob-lnv012819.php

PHRASE MATCHING

PARAGRAPH ONE:

1.	We could learn vocabulary	a.	lovers
2.	This is great news for	b.	thought
3.	word	c.	deeply
4.	it is possible to learn	d.	language learners
5.	sleeping	e.	tests
6.	recall this information	f.	new information
7.	The researchers did	g.	while we are asleep
8.	much more aware than we	h.	later

PARAGRAPH TWO:

1.	language areas of	a.	about half a second
2.	the brain's	b.	wakes up
3.	after a person	c.	sure
4.	areas of the brain	d.	needed
5.	During deep	e.	the brain
6.	our brain is active for	f.	sleep
7.	More research is	g.	memory
8.	to be	h.	remember vocabulary

LISTEN AND FILL IN THE GAPS

We could learn vocabulary (1) _____ asleep. This is great news for language learners (2) _____. Researchers showed it is possible (3) _____ information while sleeping deeply, and recall this information later. The researchers (4) _____ see if a person can remember (5) _____ their translations while they were asleep. The researchers said our sleeping brain is much more (6) _____ thought.

A researcher said, "language (7) _____ brain and the...brain's...memory were activated" (8) _____ wakes up. These areas of the brain remember vocabulary during sleep. During (9) _____ brain is active for about half a second. It then (10) _____ half a second. The active state is called "up-state". (11) _____ our brain could learn new vocabulary. More research is needed to be sure that (12) _____ vocabulary while sleeping.

PUT A SLASH (/)WHERE THE SPACES ARE

Wecouldlearnvocabularywhileweareasleep.Thisisgreatnewsforlang

uagelearnersandwordlovers.Researchersshoweditispossibletolearn

newinformationwhilesleepingdeeply,andrecallthisinformationlater.

Theresearchersdidteststoseeifapersoncanremembernewwordsandt

heirtranslationswhiletheywereasleep.Theresearcherssaidoursleepi

ngbrainismuchmoreawarethanwethought.Aresearchersaid,"langua

geareasofthebrainandthe…brain's…memorywereactivated"afterap

ersonwakesup.Theseareasofthebrainremembervocabularyduringsl

eep.Duringdeepsleep,ourbrainisactiveforabouthalfasecond.Itthens

witchesoffforhalfasecond.Theactivestateiscalled"up-state".Thisisw

henourbraincouldlearnnewvocabulary.Moreresearchisneededtobes

urethatwecanlearnvocabularywhilesleeping.

LEARNING VOCABULARY SURVEY

Write five GOOD questions about learning vocabulary in the table. Do this in pairs.
Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

We may be able to learn vocabulary while sleeping – 6th February, 2019
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

Write about **learning vocabulary** for 10 minutes. Read and talk about your partner's paper.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____