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**Level 0 – 1st February, 2021**

## **A full moon could give you a bad night's sleep**

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

<https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

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**Please try Levels 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

If you can't sleep, it could be the full moon. Scientists say the Moon could change sleeping patterns. On nights before a full moon, people have problems sleeping. This could be because of the Moon's brightness. The scientists say moonlight is "so bright" it could change our sleep patterns at night.

The scientists studied the sleep of over 500 people. They looked at 98 people from a village that had no electricity and 464 people living in a U.S. city. The people in the village and in the big city got less sleep on nights before the full moon. The light in cities did not change sleeping patterns. The Moon changed sleeping patterns.

Sources: <https://www.thesun.co.uk/tech/13875791/how-the-moon-affects-sleep/>  
<https://www.futurity.org/moon-sleep-lunar-cycle-2509072/>  
<https://www.ladbible.com/news/news-scientists-claim-you-may-be-struggling-to-sleep-because-of-the-moon-20210128>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

## PARAGRAPH ONE:

- |                              |                      |
|------------------------------|----------------------|
| 1. If you                    | a. patterns          |
| 2. it could                  | b. bright            |
| 3. change sleeping           | c. a full moon       |
| 4. On nights before          | d. at night          |
| 5. people have               | e. can't sleep       |
| 6. because of the Moon's     | f. problems sleeping |
| 7. moonlight is so           | g. brightness        |
| 8. change our sleep patterns | h. be the full moon  |

## PARAGRAPH TWO:

- |                            |                      |
|----------------------------|----------------------|
| 1. over 500                | a. city              |
| 2. a village that had no   | b. not change        |
| 3. The people in           | c. electricity       |
| 4. in the big              | d. sleeping patterns |
| 5. got less                | e. people            |
| 6. on nights before        | f. sleep             |
| 7. The light in cities did | g. the full moon     |
| 8. The Moon changed        | h. the village       |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

If you can't sleep, (1) \_\_\_\_\_ the full moon.

Scientists say the Moon (2) \_\_\_\_\_ patterns. On

nights (3) \_\_\_\_\_ moon, people have problems

sleeping. This (4) \_\_\_\_\_ of the Moon's brightness.

The scientists say moonlight (5) \_\_\_\_\_ it could

change our sleep (6) \_\_\_\_\_.

The scientists (7) \_\_\_\_\_ of over 500 people.

They (8) \_\_\_\_\_ people from a village that

(9) \_\_\_\_\_ and 464 people living in a U.S. city.

The people in the village and in the (10) \_\_\_\_\_

less sleep on nights before (11) \_\_\_\_\_. The light

in cities did not change sleeping patterns. The Moon

(12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

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# SLEEP SURVEY

From <https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

Write five GOOD questions about sleep 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) \_\_\_\_\_

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

