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A full moon could give you a bad night's sleep – 1st February, 2021

Level 0

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.

Level 1

If you can't sleep, it could be because of a full moon. Scientists say there is a link between the Moon and our sleeping patterns. They say that on nights before a full moon, people have more problems sleeping. This could be because of the Moon's brightness. This makes sleeping more difficult. The scientists said moonlight is "so bright" that even if there is no other light, moonlight could change our sleep patterns at night.

The scientists studied the sleep patterns of over 500 people. There were 98 people from a village that had no electricity or other lights. Scientists compared their sleep patterns to 464 people living in a U.S. city. The scientists said people in the village and in the big city got less sleep on nights before the full moon. The light in cities does not seem to affect sleeping patterns. The scientists said human sleep is linked to the changing of the Moon.

Level 2

If you have trouble sleeping, it could be because of a full moon. Scientists say there is a link between the Moon's cycle and sleeping patterns. They say that on nights when there is a full moon, people could have more problems sleeping. The reason for this could be the Moon's brightness. When there is a full moon, the extra brightness in the night sky could make sleeping more difficult. The scientists said moonlight is "so bright to the human eye" that even if there is no other light, moonlight could have a role in changing our sleep patterns at night.

The scientists did a study of the sleep patterns of over 500 people. Each person had a special wristband to track their sleep. The study included 98 people from a rural village that had no access to electricity or other light sources. Scientists compared their sleep patterns to 464 people living in a U.S. city, which had lots of light pollution. The scientists said people in the rural village and in the big city got less sleep on the nights before the full moon. The artificial light in cities does not seem to affect sleeping patterns. The scientists said: "Human sleep is synchronised with lunar phases."

Level 3

If you have trouble sleeping at certain times of the month, it could be because of a full moon. Scientists from the University of Washington say there is a link between the lunar cycle and sleeping patterns. They say that on nights when there is a full moon, people could experience more restless sleep. The reason for this could be the Moon's changing brightness. When there is a full moon, the extra brightness in the night sky could interrupt our sleep. The scientists said: "Moonlight is so bright to the human eye that it is entirely reasonable to imagine that, in the absence of other sources of light, this source of nocturnal light could have had a role in [changing] human nocturnal activity and sleep."

The scientists conducted a study of the sleep patterns of over 500 people. Each person wore a special wristband that tracked their sleep. The study included 98 people from an isolated village in rural Argentina. These people did not have access to electricity and other artificial light sources. Their sleep patterns were compared to 464 people living in U.S. city of Seattle, which has lots of artificial light pollution. The scientists discovered that people in the rural village and in the big city got less sleep on the nights leading up to the full moon. The scientists said the artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised with lunar phases."