

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 2 – 31st August 2023

Researchers find best temperature for sleeping well

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

<https://breakingnewsenglish.com/2308/230831-sleeping-temperature-2.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-2.html>

The key for older people to sleep well could be how hot or cold their room is. Researchers say the best way to sleep well is for the bedroom to be between 20-25° Celsius. The researchers are from Harvard University and an institute for aging research. They asked 50 people aged 65 and older to wear a sleep monitor for 18 months. The people's quality of sleep worsened when their room temperature was outside the 20-25-degree range. Researchers say 20°C is the best temperature. They said: "Sleep tends to come easier and is often deeper...in a cooler environment."

The research is full of information. Temperature could affect sleep as much as having pain or drinking alcohol. The researchers found a 5-10 per cent drop in sleep quality when it was lower than 20°C or higher than 25°C. Poor sleep can lead to health issues, like an inability to think clearly, mood swings, and stress. Other problems include an increased risk of getting diabetes and heart disease. The researchers said people should create, "a more comfortable home environment" to sleep well. They also said climate change could affect sleep quality.

Sources: <https://www.dailymail.co.uk/health/article-12451731/The-secret-good-sleep-Dont-let-things-hot-bedroom-Researchers-discover-ideal-temperature-restful-night.html>
<https://www.msn.com/en-us/health/medical/what-s-the-best-temperature-for-sleep-researchers-suggest-this-range/ar-AA1fTzHP>
<https://metro.co.uk/2023/08/28/the-best-way-to-get-a-good-nights-sleep-for-older-people-19406931/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------|-------------------|
| 1. how hot or cold | a. worsened |
| 2. the best way | b. 20-25° Celsius |
| 3. between | c. for 18 months |
| 4. an institute for | d. environment |
| 5. wear a sleep monitor | e. degree range |
| 6. people's quality of sleep | f. their room is |
| 7. outside the 20-25- | g. aging research |
| 8. in a cooler | h. to sleep well |

PARAGRAPH TWO:

- | | |
|---------------------------------|---------------------|
| 1. drinking | a. disease |
| 2. a 5-10 per cent drop | b. change |
| 3. an inability to think | c. alcohol |
| 4. an increased risk of getting | d. quality |
| 5. heart | e. in sleep quality |
| 6. a more comfortable home | f. diabetes |
| 7. climate | g. clearly |
| 8. affect sleep | h. environment |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-2.html>

The (1) _____ people to sleep well could be how hot or cold their room is. Researchers say the (2) _____ sleep well is for the bedroom to be between 20-25° Celsius. The researchers are from Harvard University and an (3) _____ research. They asked 50 people aged 65 and older to wear (4) _____ for 18 months. The people's quality (5) _____ when their room temperature was outside the 20-25-degree range. Researchers say 20°C is the best temperature. They said: "Sleep tends to come easier and (6) _____ ...in a cooler environment."

The research (7) _____ information. Temperature could affect sleep as much (8) _____ or drinking alcohol. The researchers found a 5-10 per cent drop in sleep quality when it was lower than 20°C or higher than 25°C. Poor sleep can lead to health issues, (9) _____ to think clearly, mood swings, and stress. Other problems include an increased (10) _____ diabetes and heart disease. The researchers said people should (11) _____ comfortable home environment" to sleep well. They also said climate change could (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-2.html>

The key for older people to sleep well could be how hot or cold their room is. Researchers say the best way to sleep well is for the bedroom to be between 20-25°C. The researchers are from Harvard University and an institute for aging research. They asked 50 people aged 65 and older to wear a sleep monitor for 18 months. The people's quality of sleep worsened when their room temperature was outside the 20-25-degree range. Researchers say 20°C is the best temperature. They said: "Sleep tends to come easier and is softer and deeper... in a cooler environment." The research is full of information. Temperature could affect sleep as much as having pain or drinking alcohol. The researchers found a 5-10 percent drop in sleep quality when it was lower than 20°C or higher than 25°C. Poor sleep can lead to health issues, like an inability to think clearly, mood swings, and stress. Other problems include an increased risk of getting diabetes and heart disease. The researchers said people should create, "a more comfortable home environment" to sleep well. They also said climate change could affect sleep quality.

SLEEPING SURVEY

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-2.html>

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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

Researchers find best temperature for sleeping well – 31st August 2023
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

From <https://breakingnewsenglish.com/2308/230831-sleeping-temperature-2.html>

Write about **sleeping** for 10 minutes. Read and talk about your partner’s paper.
