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Level 5 – 6th May 2024

Men sleep better than women, study finds

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<https://breakingnewsenglish.com/2405/240506-sleep-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2405/240506-sleep-5.html>

A study has found that men may sleep better than women. Because of this, sleep disorders experienced by the sexes need different treatments. Insomnia is 1.5 times more common among women. Researchers say one reason for this is our body clock. Women's circadian cycles are about six minutes shorter than men's, so women have less time in which to rest. Another reason is motherhood. There are unequal strains and burdens on mothers. A doctor said: "It's almost like their brain was half-listening out for their children in the middle of the night."

People are finding it harder to get a good night's rest. The stress of everyday life means more of us are struggling to sleep. Around 30 per cent of the world experience sleep deprivation. This adversely affects health. A lack of sleep can lead to life-threatening health conditions. These include diabetes and heart disease, and hypertension. Insufficient sleep can also negatively impact our powers to concentrate, and lead to a deterioration in mental health. A neurologist said: "There is a high correlation with underlying psychiatric disorders and insomnia."

Sources: <https://sleepopolis.com/news/womens-internal-clocks-faster-than-men-sleep/>
<https://finance.yahoo.com/news/men-really-sleep-better-women-002500418.html>
<https://www.goodto.com/wellbeing/wellbeing-news/the-rest-gap-is-stopping-women-getting-enough-sleep-and-mums-are-suffering-the-most>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2405/240506-sleep-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|--------------------------|
| 1. sleep disorders experienced | a. listening |
| 2. 1.5 times more common | b. is motherhood |
| 3. our body | c. by the sexes |
| 4. Women's circadian | d. time in which to rest |
| 5. women have less | e. among women |
| 6. Another reason | f. cycles |
| 7. unequal strains and | g. clock |
| 8. their brain was half- | h. burdens on mothers |

PARAGRAPH TWO:

- | | |
|---------------------------|------------------------|
| 1. get a good night's | a. health conditions |
| 2. The stress of | b. struggling to sleep |
| 3. more of us are | c. health |
| 4. sleep | d. to concentrate |
| 5. This adversely affects | e. rest |
| 6. life-threatening | f. deprivation |
| 7. impact our powers | g. disorders |
| 8. underlying psychiatric | h. everyday life |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2405/240506-sleep-5.html>

A study has found that men (1) _____ than women. Because of (2) _____ experienced by the sexes need different treatments. Insomnia is 1.5 times more (3) _____. Researchers say one reason for this is our body clock. Women's circadian cycles are about six minutes shorter than men's, so women have less time in (4) _____. Another reason is motherhood. There are (5) _____ burdens on mothers. A doctor said: "It's almost like their brain was half-listening out for their children in (6) _____ the night."

People are finding it harder to get a (7) _____. The stress of everyday life means more of us are (8) _____. Around 30 per cent of the world experience sleep deprivation. This (9) _____. A lack of sleep can lead to life-threatening health conditions. These (10) _____ heart disease, and hypertension. Insufficient sleep can also negatively (11) _____ to concentrate, and lead to a deterioration in mental health. A neurologist said: "There is a high (12) _____ psychiatric disorders and insomnia."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2405/240506-sleep-5.html>

A study has found that men may sleep better than women. Because of this, sleep disorders experienced by these sexes need different treatments. Insomnia is 1.5 times more common among women. Researchers say one reason for this is our body clock. Women's circadian cycles are about six minutes shorter than men's, so women have less time in which to rest. Another reason is motherhood. There are unequal strains and burdens on mothers. A doctor said: "It's almost like their brain was half-listening out for the children in the middle of the night." People are finding it hard to get a good night's rest. The stress of everyday life means more of us are struggling to sleep. Around 30 percent of the world experience sleep deprivation. This adversely affects health. A lack of sleep can lead to life-threatening health conditions. These include diabetes and heart disease, and hypertension. Insufficient sleep can also negatively impact our power to concentrate, and lead to deterioration in mental health. A neurologist said: "There is a high correlation with underlying psychiatric disorders and insomnia."

SLEEP SURVEY

From <https://breakingnewsenglish.com/2405/240506-sleep-4.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) _____

