

Men sleep better than women, study finds

6th May 2024



A new study has discovered that men may sleep better than women. Researchers say that because of this, sleep disorders experienced by the sexes need to be treated differently. Insomnia is about 1.5 times more common among women than men. The

researchers say that one reason for this is our circadian rhythms – our body clock. Women's circadian cycles are about six minutes shorter than men's. This means women physically have less time in which to rest. Another reason is motherhood, which places unequal strains and burdens on mothers. Doctor Alaina Tiani said: "It's almost like their brain was half-listening out for their children in the middle of the night, in case they needed something."

People worldwide are finding it increasingly harder to get a good night's rest. The stress and pressures of day-to-day life mean more of us are struggling to get forty winks. It is estimated that around 30 per cent of the global population is experiencing sleep deprivation. This is having adverse effects on our health. A lack of sleep can lead to detrimental and often life-threatening health conditions. These include diabetes, heart disease, and hypertension. Insufficient sleep can also negatively impact our powers to concentrate, and lead to a deterioration in mental health. Neurologist Dr Eric Sklar said: "There is a high correlation with underlying psychiatric disorders and insomnia."

Sources: sleepololis.com / yahoo.com / goodto.com

Writing

We all need lessons on how to sleep better. Discuss.

Chat

Talk about these words from the article.

study / researchers / sleep disorders / insomnia / circadian rhythms / burden / brain / stress / getting forty winks / diabetes / heart disease / concentrate / mental health

True / False

- 1) Treatment for sleep disorders should be the same for men and women. T / F
- 2) Insomnia is 15% more common in women than in men. T / F
- 3) Women have a shorter circadian rhythm than men. T / F
- 4) A researcher said mothers with children find it difficult to sleep well. T / F
- 5) A good night's sleep is getting easier for most people around the world. T / F
- 6) It takes most people forty minutes to fall asleep. T / F
- 7) A lack of sleep can lead to diabetes. T / F
- 8) There is a very small link between psychiatric disorders and insomnia. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|-------------------|
| 1. study | a. a nap |
| 2. disorders | b. struggles |
| 3. common | c. inadequate |
| 4. strains | d. impoverishment |
| 5. needed | e. conditions |
| 6. forty winks | f. link |
| 7. deprivation | g. required |
| 8. detrimental | h. research |
| 9. insufficient | i. harmful |
| 10. correlation | j. prevalent |

Discussion – Student A

- a) What do you think about what you read?
- b) What increasing pressures are you facing in life?
- c) How can governments get us to sleep better?
- d) How might a lack of sleep affect our mental health?
- e) What do you know about diabetes and hypertension?
- f) How do you feel when you do not get enough sleep?
- g) Does counting sheep help us get to sleep more quickly?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|---|---------------------------|
| 1. sleep | a. day-to-day life |
| 2. our body | b. time in which to rest |
| 3. women physically have less | c. on mothers |
| 4. unequal strains and burdens | d. clock |
| 5. their brain was half-listening | e. in mental health |
| 6. People worldwide are finding it increasingly | f. disorders |
| 7. The stress and pressures of | g. correlation |
| 8. This is having adverse | h. out for their children |
| 9. lead to a deterioration | i. effects on our health |
| 10. There is a high | j. harder |

Discussion – Student B

- How are your sleeping patterns?
- Do you think men sleep better than women?
- Do you ever have problems sleeping?
- What can people do to get to sleep?
- What do you know about our body clock?
- What things can stop us from sleeping?
- What different stresses do men and women have?
- How do you deal with stress?

Spelling

- sleep dorrdsie
- nioimnsa is about 1.5 times more common
- circadian hmtsryh
- women plyiyalchs have less time
- unequal ntssiar
- rndbues on mothers
- sleep driptioeavn
- endreltmait and often life-threatening health conditions
- edebaist, heart disease, and hypertension
- impact our powers to aencnotcret
- There is a high norrloticae
- underlying scrhyitacpi disorders

Answers – Synonym Match

1. h	2. e	3. j	4. b	5. g
6. a	7. d	8. i	9. c	10. f

Role Play

Role A – Tiredness

You think tiredness is the worst effect of a lack of sleep. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): poor memory, a tired-looking face or bad mood.

Role B – Poor Memory

You think poor memory is the worst effect of a lack of sleep. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): tiredness, a tired-looking face or bad mood.

Role C – Tired-looking Face

You think a tired-looking face is the worst effect of a lack of sleep. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): poor memory, tiredness or bad mood.

Role D – Bad Mood

You think bad mood is the worst effect of a lack of sleep. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): poor memory, a tired-looking face or tiredness.

Speaking – Lack of Sleep

Rank these with your partner. Put the worst effects of a lack of sleep at the top. Change partners often and share your rankings.

- | | |
|---------------|----------------------|
| • Tiredness | • Mistake-making |
| • Poor memory | • Non-stop yawning |
| • Bad mood | • Tired-looking face |
| • Stress | • Reduced alertness |

Answers – True False

1 F	2 F	3 T	4 T	5 F	6 F	7 T	8 F
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Answers to Phrase Match and Spelling are in the text.