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**Level 6 – 6th May 2024**

## Men sleep better than women, study finds

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

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

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

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: <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>

# WARM-UPS

**1. SLEEP:** Students walk around the class and talk to other students about sleep. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

**3. SLEEP LESSONS:** Students A **strongly** believe people should have sleep lessons at school; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

**4. BETTER SLEEP:** How effective are these things at helping you sleep? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	Effectiveness	Why?
Meditation		
No smartphone		
Light		
Air-con / heating		
Food / drink		
Sleeping pills		

**5. INSOMNIA:** Spend one minute writing down all of the different words you associate with the word "insomnia". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. 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
- Reduced alertness
- Poor memory
- Bad mood
- Stress
- Mistake-making
- Non-stop yawning
- Tired-looking face

# VOCABULARY MATCHING

## Paragraph 1

- |              |   |
|--------------|---|
| 1. disorder  | a. A physical or mental problem or illness.   |
| 2. the sexes | b. When something is too difficult or causes stress on your body or mind.                                 |
| 3. insomnia  | c. The two main groups of people: males and females.  |
| 4. circadian | d. A pattern that repeats over and over again.  |
| 5. cycle     | e. Have trouble sleeping or can't sleep at all during the night.  |
| 6. strain    | f. About the body's natural rhythm or cycle, like when you feel awake during the day and sleepy at night. |
| 7. burden    | g. Something that is heavy to carry, either physically or mentally.                                       |

## Paragraph 2

- |                   |  |
|-------------------|--|
| 8. forty winks    | h. When something gets worse over time.  |
| 9. detrimental    | i. There not being enough of something.  |
| 10. diabetes      | j. A short nap or a quick sleep.   |
| 11. insufficient  | k. A connection or relationship between two things.  |
| 12. deterioration | l. Being harmful or bad for you.   |
| 13. correlation   | m. Relating to mental health and the medical treatment of mental illnesses.                    |
| 14. psychiatric   | n. A health condition where the body has trouble controlling the amount of sugar in the blood. |

# BEFORE READING / LISTENING

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

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

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**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

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

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |   |                           |
|---|---------------------------|
| 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                 |

# GAP FILL

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

A new study has (1) \_\_\_\_\_ that men may sleep better than women. Researchers say that because of this, sleep (2) \_\_\_\_\_ experienced by the sexes need to be treated differently. Insomnia is about 1.5 times more (3) \_\_\_\_\_ among women than men. The researchers say that one reason for this is our circadian rhythms – our body clock. Women's circadian (4) \_\_\_\_\_ are about six minutes shorter than men's. This means women physically have less time in which to rest. Another reason is (5) \_\_\_\_\_, which places unequal strains and burdens on mothers. Doctor Alaina Tiani said: "It's almost like their (6) \_\_\_\_\_ was half- (7) \_\_\_\_\_ out for their children in the middle of the night, in (8) \_\_\_\_\_ they needed something."

*discovered*  
*common*  
*case*  
*motherhood*  
*listening*  
*disorders*  
*brain*  
*cycles*

People worldwide are finding it (9) \_\_\_\_\_ harder to get a good night's (10) \_\_\_\_\_. The stress and pressures of day-to-day life mean more of us are struggling to get forty (11) \_\_\_\_\_. It is estimated that around 30 per cent of the global population is experiencing sleep (12) \_\_\_\_\_. This is having adverse effects on our health. A lack of sleep can lead to (13) \_\_\_\_\_ and often life-threatening health conditions. These include diabetes, heart disease, and (14) \_\_\_\_\_. Insufficient sleep can also negatively impact our powers to (15) \_\_\_\_\_, and lead to a deterioration in mental health. Neurologist Dr Eric Sklar said: "There is a high correlation with (16) \_\_\_\_\_ psychiatric disorders and insomnia."

*rest*  
*deprivation*  
*concentrate*  
*detrimental*  
*increasingly*  
*underlying*  
*winks*  
*hypertension*

# LISTENING – Guess the answers. Listen to check.

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

- 1) sleep disorders experienced by the sexes need to \_\_\_\_\_
  - a. be treated different
  - b. be treated deferentially
  - c. be treated differently
  - d. be treated differential
- 2) Insomnia is about 1.5 times more \_\_\_\_\_
  - a. commons among women
  - b. common aiming women
  - c. common anon women
  - d. common among women
- 3) The researchers say that one reason for this is our circadian \_\_\_\_\_
  - a. rhythms – our body clock
  - b. rhythms – our bodily clock
  - c. rhythms – our buddy clock
  - d. rhythms – our bodied clock
- 4) Another reason is motherhood, which places unequal \_\_\_\_\_
  - a. strains and biddings
  - b. strains and bird dens
  - c. strains and burr dens
  - d. strains and burdens
- 5) Doctor Alaina Tiani said it's almost like their brain \_\_\_\_\_
  - a. was halve-listening
  - b. was half-listening
  - c. was half-listened
  - d. was halve-listen in
- 6) People worldwide are finding it increasingly harder to get a \_\_\_\_\_
  - a. good night's lest
  - b. good nights lest
  - c. good night's rest
  - d. good night's abreast
- 7) pressures of day-to-day life mean more of us are struggling to \_\_\_\_\_
  - a. get fifty winks
  - b. get forty winks
  - c. get thirty winks
  - d. get twenty winks
- 8) A lack of sleep can lead to detrimental and often life-\_\_\_\_\_
  - a. threaten in health conditions
  - b. threatening health conditions
  - c. threatened healthy conditions
  - d. treating health conditions
- 9) ...sleep can also negatively impact our powers to concentrate, and lead \_\_\_\_\_
  - a. to a deteriorate shun
  - b. to a degradation
  - c. to a deteriorating
  - d. to a deterioration
- 10) There is a high correlation with underlying psychiatric \_\_\_\_\_
  - a. disorders and insomnia
  - b. disorder sand insomniac
  - c. disorders end insomnia
  - d. disorders and insomniac

# LISTENING – Listen and fill in the gaps

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

A new study has discovered that men may sleep better than women. Researchers say that because of this, (1) \_\_\_\_\_ by the sexes need to be treated differently. Insomnia is about 1.5 times (2) \_\_\_\_\_ women than men. The researchers say that one reason for this is our circadian rhythms – (3) \_\_\_\_\_. Women's circadian cycles are about six minutes shorter than men's. This means women physically have less time in (4) \_\_\_\_\_. Another reason is motherhood, which places unequal strains (5) \_\_\_\_\_ mothers. Doctor Alaina Tiani said: "It's almost like their brain was half-listening out for their children in the middle of the night, (6) \_\_\_\_\_ needed something."

People worldwide are finding (7) \_\_\_\_\_ 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 (8) \_\_\_\_\_ 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 (9) \_\_\_\_\_ and often life-threatening health conditions. These include diabetes, heart disease, and hypertension. (10) \_\_\_\_\_ also negatively impact our powers to concentrate, and lead to (11) \_\_\_\_\_ mental health. Neurologist Dr Eric Sklar said: "There is a high correlation with underlying psychiatric (12) \_\_\_\_\_."



# COMPREHENSION QUESTIONS

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

1. What needs to be treated differently between the sexes?
2. How much more is insomnia common in women than in men?
3. What is six minutes shorter in women?
4. What places unequal strains and burdens on women?
5. What did a researcher say mothers "half-listen" for at night?
6. What does the article say more of us are struggling to get?
7. How much of the world's population is experiencing sleep deprivation?
8. What can a lack of sleep cause besides diabetes and heart disease?
9. What is Eric Sklar's job?
10. What did a researcher say insomnia was highly correlated to?

# MULTIPLE CHOICE - QUIZ

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

- 1) What needs to be treated differently between the sexes?
  - a) pillows
  - b) sleep disorders
  - c) nightmares
  - d) upset stomachs
- 2) How much more is insomnia common in women than in men?
  - a) 1.25 times more common
  - b) 1.2 times more common
  - c) 1.55 times more common
  - d) 1.5 times more common
- 3) What is six minutes shorter in women?
  - a) average sleep times
  - b) bedtime
  - c) the circadian cycle
  - d) waking up time
- 4) What places unequal strains and burdens on women?
  - a) motherhood
  - b) hard pillows
  - c) soft pillows
  - d) working
- 5) What did a researcher say mothers "half-listen" for at night?
  - a) monsters
  - b) their children
  - c) burglars
  - d) snoring family
- 6) What does the article say more of us are struggling to get?
  - a) 40 winks
  - b) 50 winks
  - c) 80 winks
  - d) 100 winks
- 7) How much of the world's population is experiencing sleep deprivation?
  - a) about 10 per cent
  - b) around half
  - c) around 30 per cent
  - d) most
- 8) What can a lack of sleep cause besides diabetes and heart disease?
  - a) hypertension
  - b) wrinkles
  - c) a bad stomach
  - d) baldness
- 9) What is Eric Sklar's job?
  - a) He's a pillow designer.
  - b) He's a sleep expert.
  - c) He's a cardiologist.
  - d) He's a neurologist.
- 10) What did a researcher say insomnia was highly correlated to?
  - a) lack of appetite
  - b) obesity
  - c) psychiatric disorders
  - d) low blood pressure

# ROLE PLAY

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

## **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.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'men' and 'women'.

men	women

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• discovered</li><li>• sexes</li><li>• common</li><li>• physically</li><li>• places</li><li>• case</li></ul>	<ul style="list-style-type: none"><li>• harder</li><li>• mean</li><li>• global</li><li>• lead</li><li>• powers</li><li>• high</li></ul>
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# SLEEP SURVEY

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

# SLEEP DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. How are your sleeping patterns?
4. Do you think men sleep better than women?
5. Do you ever have problems sleeping?
6. What can people do to get to sleep?
7. What do you know about our body clock?
8. What things can stop us from sleeping?
9. What different stresses do men and women have?
10. How do you deal with stress?

*Men sleep better than women, study finds – 6th May 2024*  
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# SLEEP DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'women'?
13. What do you think about what you read?
14. What increasing pressures are you facing in life?
15. How can governments get us to sleep better?
16. How might a lack of sleep affect our mental health?
17. What do you know about diabetes and hypertension?
18. How do you feel when you do not get enough sleep?
19. Does counting sheep help us get to sleep more quickly?
20. What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

A new study has discovered that men may sleep better than women. Researchers say that because of this, sleep (1) \_\_\_\_\_ experienced by the sexes need to be treated differently. Insomnia is about 1.5 times more (2) \_\_\_\_\_ among women than men. The researchers say that one reason for this is our circadian rhythms – our body clock. Women's circadian (3) \_\_\_\_\_ are about six minutes shorter than men's. This means women physically have less time (4) \_\_\_\_\_ which to rest. Another reason is motherhood, which places unequal strains and burdens (5) \_\_\_\_\_ 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 (6) \_\_\_\_\_ 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 (7) \_\_\_\_\_ winks. It is estimated that around 30 per cent of the global population is experiencing sleep deprivation. This is having (8) \_\_\_\_\_ effects on our health. A (9) \_\_\_\_\_ of sleep can lead to detrimental and often life-threatening health conditions. These include diabetes, heart disease, and hypertension. Insufficient sleep can also negatively (10) \_\_\_\_\_ our powers to concentrate, and lead to a (11) \_\_\_\_\_ in mental health. Neurologist Dr Eric Sklar said: "There is a high correlation with underlying psychiatric disorders and (12) \_\_\_\_\_."

## Put the correct words from the table below in the above article.

- |     |                |               |                   |               |
|-----|----------------|---------------|-------------------|---------------|
| 1.  | (a) disorders  | (b) reorders  | (c) orders        | (d) preorders |
| 2.  | (a) commonly   | (b) commons   | (c) common        | (d) commoner  |
| 3.  | (a) ratios     | (b) radii     | (c) cycles        | (d) rotations |
| 4.  | (a) by         | (b) as        | (c) of            | (d) in        |
| 5.  | (a) on         | (b) at        | (c) by            | (d) to        |
| 6.  | (a) lieu       | (b) case      | (c) order         | (d) such      |
| 7.  | (a) sixty      | (b) thirty    | (c) fifty         | (d) forty     |
| 8.  | (a) obtuse     | (b) adverse   | (c) inverse       | (d) recluse   |
| 9.  | (a) slack      | (b) leak      | (c) lack          | (d) flack     |
| 10. | (a) nonimpact  | (b) compact   | (c) pact          | (d) impact    |
| 11. | (a) deterrence | (b) deterring | (c) deterioration | (d) deference |
| 12. | (a) insomniac  | (b) insomnia  | (c) insomuch      | (d) insofar   |



# SPELLING

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

## Paragraph 1

1. sleep dorrdssie
2. nioimnsa is about 1.5 times more common
3. circadian hmtsryh
4. women plyiyalchs have less time
5. unequal ntssiar
6. rndbues on mothers

## Paragraph 2

7. sleep driptioeavn
8. endreltmait and often life-threatening health conditions
9. edebaist, heart disease, and hypertension
10. impact our powers to aencnotcret
11. There is a high norrloticae
12. underlying scrhyitacpi disorders

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) have less time in which to rest. Another reason is motherhood, which places unequal strains and
- ( ) clock. Women's circadian cycles are about six minutes shorter than men's. This means women physically
- ( **1** ) A new study has discovered that men may sleep better than women. Researchers say that because of
- ( ) common among women than men. The researchers say that one reason for this is our circadian rhythms – our body
- ( ) 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
- ( ) day-to-day life mean more of us are struggling to get forty winks. It is estimated that
- ( ) burdens on mothers. Doctor Alaina Tiani said: "It's almost like their brain was half-
- ( ) diabetes, heart disease, and hypertension. Insufficient sleep can also negatively impact our powers to
- ( ) People worldwide are finding it increasingly harder to get a good night's rest. The stress and pressures of
- ( ) listening out for their children in the middle of the night, in case they needed something."
- ( ) this, sleep disorders experienced by the sexes need to be treated differently. Insomnia is about 1.5 times more
- ( ) 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."

# PUT THE WORDS IN THE RIGHT ORDER

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

1. The be to differently . sexes treated need
2. is times more women . 1.5 common Insomnia among
3. is this rhythms . One reason for circadian our
4. physically This less women time . means have
5. for children . out their was Their brain half-listening
6. a to rest . get good Increasingly harder night's
7. people More to struggling winks . forty get are
8. our adverse having This health . effects on is
9. powers . sleep can negatively our impact also Insufficient
10. said high correlation . a neurologist there A is

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

A new study has *discovery* / *discovered* that men may sleep better than women. Researchers say that because of this, sleep *disorder* / *disorders* experienced by the sexes need to be *treated* / *threatened* differently. Insomnia is about 1.5 times more *commonly* / *common* among women than men. The researchers say that one reason for this is our circadian rhythms – our *bodily* / *body* clock. Women's circadian cycles are about six minutes *fewer* / *shorter* than men's. This means women physically have less *time* / *times* in which to rest. Another reason is motherhood, which places *inequality* / *unequal* strains and burdens on mothers. Doctor Alaina Tiani said: "It's almost like their *brains* / *brain* was half-listening out for their children in the middle of the night, in case they *needed* / *needy* something."

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

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

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

\_ n\_w st\_dy h\_s d\_sc\_v\_r\_d th\_t m\_n m\_y sl\_\_p  
b\_tt\_r th\_n w\_m\_n. R\_s\_\_rch\_rs s\_y th\_t b\_c\_\_s\_ \_f  
th\_s, sl\_\_p d\_s\_r\_d\_rs \_xp\_r\_\_nc\_d by th\_ s\_x\_s n\_\_d  
t\_ b\_ tr\_\_t\_d d\_ff\_r\_ntly. \_ns\_mn\_\_ \_s \_b\_\_t 1.5  
t\_m\_s m\_r\_ c\_mm\_n \_m\_ng w\_m\_n th\_n m\_n. Th\_  
r\_s\_\_rch\_rs s\_y th\_t \_n\_ r\_\_s\_n f\_r th\_s \_s \_\_r  
c\_rc\_d\_\_n rhythms - \_\_r b\_dy cl\_ck. W\_m\_n's  
c\_rc\_d\_\_n cycl\_s \_r\_ \_b\_\_t s\_x m\_n\_t\_s sh\_rt\_r th\_n  
m\_n's. Th\_s m\_\_ns w\_m\_n phys\_c\_lly h\_v\_ l\_ss t\_m\_  
\_n wh\_ch t\_ r\_st. \_n\_th\_r r\_\_s\_n \_s m\_th\_rh\_\_d,  
wh\_ch pl\_c\_s \_n\_q\_\_l str\_\_ns \_nd b\_r\_d\_ns \_n m\_th\_rs.  
D\_ct\_r \_l\_\_n\_ T\_\_n\_ s\_\_d: "t's \_lm\_st l\_k\_ th\_\_r  
br\_\_n w\_s h\_lf-l\_st\_n\_ng \_\_t f\_r th\_\_r ch\_ldr\_n \_n th\_  
m\_ddl\_ \_f th\_ n\_ght, \_n c\_s\_ th\_y n\_\_d\_d s\_m\_th\_ng."  
P\_\_pl\_ w\_rldw\_d\_ \_r\_ f\_nd\_ng \_t \_ncr\_\_s\_ngly h\_r\_d\_r  
t\_ g\_t \_ g\_\_d n\_ght's r\_st. Th\_ str\_ss \_nd pr\_ss\_r\_s  
\_f d\_y-t\_-d\_y l\_f\_ m\_\_n m\_r\_ \_f \_s \_r\_ str\_ggl\_ng t\_  
g\_t f\_rty w\_nks. \_t \_s \_st\_m\_t\_d th\_t \_r\_\_nd 30 p\_r  
c\_nt \_f th\_ gl\_b\_l p\_p\_l\_t\_\_n \_s \_xp\_r\_\_nc\_ng sl\_\_p  
d\_pr\_v\_t\_\_n. Th\_s \_s h\_v\_ng \_dv\_rs\_ \_ff\_cts \_n \_\_r  
h\_\_lth. \_ l\_ck \_f sl\_\_p c\_n l\_\_d t\_ d\_tr\_m\_nt\_l \_nd  
\_ft\_n l\_f\_-thr\_\_t\_n\_ng h\_\_lth c\_nd\_t\_\_ns. Th\_s\_ \_ncl\_d\_  
d\_\_b\_t\_s, h\_\_rt d\_s\_\_s\_, \_nd hyp\_r\_t\_ns\_\_n.  
\_ns\_ff\_c\_\_nt sl\_\_p c\_n \_ls\_ n\_g\_t\_v\_ly \_mp\_ct \_\_r  
p\_w\_rs t\_ c\_nc\_ntr\_t\_, \_nd l\_\_d t\_ \_ d\_t\_r\_\_r\_t\_\_n \_n  
m\_nt\_l h\_\_lth. N\_\_r\_l\_g\_st Dr \_r\_c Skl\_r s\_\_d: "Th\_r\_  
\_s \_ h\_g\_h c\_rr\_l\_t\_\_n w\_th \_nd\_rly\_ng psych\_\_tr\_c  
d\_s\_r\_d\_rs \_nd \_ns\_mn\_\_."

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

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 15 times more common among women than men the researchers say that one reason for this is our circadian rhythms our body clock womens circadian cycles are about six minutes shorter than mens 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 its almost like their brain was halflistening 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 nights rest the stress and pressures of daytoday 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 lifethreatening 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

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

A new study has discovered that men may sleep better than women. Researchers say that because of this, sleep disorders experienced by these 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 Tian 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 percent 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 power 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."







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. SLEEP:** Make a poster about sleep. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. SLEEP LESSONS:** Write a magazine article about schools providing sleep lessons. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on sleep. Ask him/her three questions about it. Give him/her three of your ideas on how to get a better night's rest. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. a    2. c    3. e    4. f    5. d    6. b    7. g  
8. j    9. l    10. n    11. i    12. h    13. k    14. m

## TRUE / FALSE (p.5)

- 1 F    2 F    3 T    4 T    5 F    6 F    7 T    8 F

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

- Sleep disorders
- 1.5 times more common
- The circadian cycle
- Motherhood
- Their children
- Forty winks
- Around 30 per cent
- Hypertension
- He's a neurologist
- Psychiatric disorders

## WORDS IN THE RIGHT ORDER (p.19)

- The sexes need to be treated differently.
- Insomnia is 1.5 times more common among women.
- One reason for this is our circadian rhythms.
- This means women physically have less time.
- Their brain was half-listening out for their children.
- Increasingly harder to get a good night's rest.
- More people are struggling to get forty winks.
- This is having adverse effects on our health.
- Insufficient sleep can also negatively impact our powers.
- A neurologist said there is a high correlation.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. c    4. a    5. b    6. a    7. c    8. a    9. d    10. c

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)