

Cold-water immersion therapy helps us sleep

13th January 2025



Recent research suggests taking a dip in very cold water for several hours a week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked into the benefits of cold-water immersion therapy. They found

it could have positive effects on our cognition, sleep quality, and overall well-being. The researchers studied the effects on the health of 13 people. The participants were dunked in 10°C water for 10 minutes, three times a week, for four weeks. Study author Dr Robert Allan said the cold-water therapy could "help with a number of positive physiological and psychological changes linked to improvements in overall general health and well-being".

Cold-water immersion has been used in various fields for its curative and healing benefits. For many decades, ice baths have helped to speed the recovery of athletes following intense, energy-sapping performances. Dr Allan said his findings also showed a positive impact on sleep. He said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer sleep disturbances." Subjecting the body to cold water for health purposes is already a common practice. At the New Year, people take a plunge in icy seas and lakes. In Japan, bathers refresh their bodies by alternating dips in hot and cold baths in a tradition known as *toto-no-u*.

Sources: psypost.org / cbc.ca / health.com

Writing

We should all take regular cold baths. Discuss.

Chat

Talk about these words from the article.

research / a dip / cold water / health / therapy / cognition / sleep / psychological / fields / healing / ice baths / recovery / athletes / icy seas / bathers / tradition

True / False

- 1) The article says dipping a toe in freezing cold water is good for us. T / F
- 2) Cold-water baths could help us to think better. T / F
- 3) Test participants took a daily 10-minute bath at 10°C for a month. T / F
- 4) Researchers said cold-water therapy could help our mind and body. T / F
- 5) Athletes have taken cold-water baths for over a century. T / F
- 6) A researcher said two weeks of the cold-water therapy improved sleep. T / F
- 7) It is very uncommon for people to subject their body to cold water. T / F
- 8) In Japan, people get in and out of hot and cold baths. T / F

Synonym Match

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

- | | |
|------------------------|-----------------|
| 1. suggests | a. healing |
| 2. looked into | b. immersed |
| 3. cognition | c. rotating |
| 4. dunked | d. indicates |
| 5. improvements | e. disruptions |
| 6. curative | f. intelligence |
| 7. intense | g. custom |
| 8. disturbances | h. boosts |
| 9. practice | i. extreme |
| 10. alternating | j. researched |

Discussion – Student A

- a) What do you think of cold-water therapy?
- b) When was the last time you had a cold bath or shower?
- c) What do you think of bathing?
- d) What are the health benefits of bathing?
- e) Do you prefer baths or showers?
- f) Why might cold baths improve our sleep and cognition?
- g) How is your health?
- h) Would you take weekly cold baths for your health?

Phrase Match

- | | |
|--------------------------------------|-----------------------------|
| 1. taking a dip | a. fields |
| 2. for several | b. psychological changes |
| 3. They found it could have positive | c. recovery of athletes |
| 4. participants were dunked in | d. practice |
| 5. positive physiological and | e. effects on our cognition |
| 6. used in various | f. disturbances |
| 7. its curative and | g. in very cold water |
| 8. speed the | h. healing benefits |
| 9. fewer sleep | i. 10°C water |
| 10. a common | j. hours a week |

Discussion – Student B

- What do you think about what you read?
- What do you think of cold water?
- What do you do to recover from exercise?
- What do you do to help you get to sleep?
- What things disturb your sleep?
- What do you think of swimming in an icy sea?
- What do you think of Japan's bathing tradition of *toto-no-u*?
- What questions would you like to ask the researchers?

Spelling

- srveea hours a week
- the bseftien of cold-water immersion therapy
- positive effects on our ginoncito
- nuddek in 10°C water
- csihliapoolgy
- lsyclaogopchi changes
- its iruvctea and healing benefits
- energy-aigppns performances
- rcpietehuat cold-water immersion
- improved tijucesveb sleep
- fewer sleep undrbtcaises
- reagntlita dips in hot and cold baths

Answers – Synonym Match

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

Role Play

Role A – Bathing

You think bathing is the most important thing to use water for. Tell the others three reasons why. Tell them why their thing isn't as important. Also, tell the others which is the least important of these (and why): cooking, farming or swimming pools.

Role B – Cooking

You think cooking is the most important thing to use water for. Tell the others three reasons why. Tell them why their thing isn't as important. Also, tell the others which is the least important of these (and why): bathing, farming or swimming pools.

Role C – Farming

You think farming is the most important thing to use water for. Tell the others three reasons why. Tell them why their thing isn't as important. Also, tell the others which is the least important of these (and why): cooking, bathing or swimming pools.

Role D – Swimming Pools

You think swimming pools are the most important thing to use water for. Tell the others three reasons why. Tell them why their thing isn't as important. Also, tell the others which is the least important of these (and why): cooking, farming or bathing.

Speaking – Water Uses

Rank these with your partner. Put the most important uses at the top. Change partners often and share your rankings.

- | | |
|----------------|------------------|
| • Bathing | • Agriculture |
| • Cooking | • Industry |
| • Golf courses | • Swimming pools |
| • Tourism | • Fountains |

Answers – True False

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