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Lack of sleep increases our weight

MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:

http://www.NewsEnglishLessons.com/1103/110328-lack_of_sleep.html

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

28th March, 2011

THE READING / TAPESCRIPT

From: http://www.NewsEnglishLessons.com/1103/110328-lack_of_sleep.html

A new study has found that people who do not sleep well eat more. The research from Colombia University in the U.S. found that people who had problems sleeping ate an average of 300 calories per day more than those who got enough sleep. The researchers said women were worst affected by a lack of rest as they consumed 329 more calories a day, compared to 263 for men. The report said "high-fat food is tempting" when we are short on sleep, and that "ice cream was a favorite".

Everyone knows how important sleep is to our health, but not all of us get a good night's sleep. If you're lucky, you sleep as soon as your head hits the pillow. The unlucky ones have to count sheep for hours, and then perhaps raid the fridge for a midnight snack. Our body and mind need a lot of rest. Doctors say we must get around eight hours sleep a night. We all need to think more seriously about the health benefits of sleeping well and get into a regular sleep pattern.

PHRASE MATCH

From: http://www.NewsEnglishLessons.com/1103/110328-lack_of_sleep.html

Match the following phrases from the article.

Paragraph 1

- | | |
|----------------------------|------------------|
| 1. people who do not sleep | a. sleeping |
| 2. people who had problems | b. men |
| 3. 300 calories | c. of rest |
| 4. a lack | d. tempting |
| 5. compared to 263 for | e. well eat more |
| 6. high-fat food is | f. per day |

Paragraph 2

- | | |
|---------------------------|-----------------------|
| 1. Everyone knows how | a. sleep for hours |
| 2. as your head hits | b. sleep a night |
| 3. have to count | c. the pillow |
| 4. a midnight | d. important sleep is |
| 5. get around eight hours | e. sleep pattern |
| 6. get into a regular | f. snack |

LISTENING GAP FILL

From: http://www.NewsEnglishLessons.com/1103/110328-lack_of_sleep.html

A new study has found that people _____ well eat more. The research from Colombia University in the U.S. found that people who had problems sleeping _____ 300 calories per day more than those _____. The researchers said women were worst affected _____ as they consumed 329 more calories a day, _____ for men. The report said "high-_____" when we are short on sleep, and that "ice cream was a favorite".

Everyone knows how important _____, but not all of us get a good night's sleep. _____, you sleep as soon as your _____. The unlucky ones have to count sheep for hours, and then perhaps _____ midnight snack. Our body and mind _____. Doctors say we must get around eight hours sleep a night. We all need to think more seriously about the health benefits of sleeping well and _____ sleep pattern.

MULTIPLE CHOICE

From: http://www.NewsEnglishLessons.com/1103/110328-lack_of_sleep.html

A new (1) _____ has found that people who do not sleep well eat more. The research from Colombia University in the U.S. found that people who had problems sleeping (2) _____ an average (3) _____ 300 calories per day more than those who got enough sleep. The researchers said women were (4) _____ affected by a (5) _____ of rest as they consumed 329 more calories a day, compared to 263 for men. The report said "high-fat food is (6) _____" when we are short on sleep, and that "ice cream was a favorite".

Everyone knows how important sleep is to our health, but not all of us (7) _____ a good night's sleep. If you're lucky, you sleep as (8) _____ as your head hits the pillow. The unlucky (9) _____ have to count sheep for hours, and then perhaps raid the fridge for a midnight snack. Our body and mind (10) _____ a lot of rest. Doctors say we must get (11) _____ eight hours sleep a night. We all need to think more seriously about the health benefits of sleeping well and get (12) _____ a regular sleep pattern.

Put the correct words from this table into the article.

- | | | | |
|-----|--------------|-------------|----------------|
| 1. | (a) studying | (b) studies | (c) study |
| 2. | (a) ate | (b) eat | (c) eating |
| 3. | (a) for | (b) at | (c) of |
| 4. | (a) worse | (b) worst | (c) worsen |
| 5. | (a) luck | (b) lack | (c) lick |
| 6. | (a) tempting | (b) tempts | (c) temptation |
| 7. | (a) do | (b) get | (c) be |
| 8. | (a) moon | (b) noon | (c) soon |
| 9. | (a) one | (b) ones | (c) twos |
| 10. | (a) need | (b) needy | (c) necessary |
| 11. | (a) far | (b) through | (c) around |
| 12. | (a) into | (b) onto | (c) unto |

SPELLING

From: http://www.NewsEnglishLessons.com/1103/110328-lack_of_sleep.html

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. A new tysud
2. people who had smeblrop sleeping
3. got hounge sleep
4. 329 more ascrielo
5. high-fat food is tmitgepn
6. horts on sleep

Paragraph 2

7. Everyone kowns
8. your head hits the lpiolw
9. ntuco sheep
10. a midnight kscna
11. think more eslyurosi
12. a regular sleep npteart

PUT THE TEXT BACK TOGETHER

From: http://www.NewsEnglishLessons.com/1103/110328-lack_of_sleep.html

Number these lines in the correct order.

- () Everyone knows how important sleep is to our health, but not all of us get a good
- () hours sleep a night. We all need to think more seriously about the health
- () to 263 for men. The report said "high-fat food is tempting" when we are short
- () pillow. The unlucky ones have to count sheep for hours, and then perhaps raid the fridge for a midnight
- () in the U.S. found that people who had problems sleeping ate an average of 300 calories
- () affected by a lack of rest as they consumed 329 more calories a day, compared
- () night's sleep. If you're lucky, you sleep as soon as your head hits the
- () per day more than those who got enough sleep. The researchers said women were worst
- () snack. Our body and mind need a lot of rest. Doctors say we must get around eight
- (**1**) A new study has found that people who do not sleep well eat more. The research from Colombia University
- () on sleep, and that "ice cream was a favorite".
- () benefits of sleeping well and get into a regular sleep pattern.

WORD JUMBLE

From: http://www.NewsEnglishLessons.com/1103/110328-lack_of_sleep.html

With a partner, put the words back into the correct order.

1. not more do eat who well People sleep.

2. in research the from Colombia U.S. University The.

3. worst were women said researchers The affected.

4. day a calories more 329 consumed They.

5. on we is sleep are tempting fat short High-fat when food.

6. how sleep knows important is Everyone.

7. soon as your head hits the pillow You sleep as.

8. unlucky to for The have sheep ones count hours.

9. snack midnight a for fridge the Raid.

10. the about seriously more Think benefits health.

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. _____

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. SLEEP: Search the Internet and find more information about sleep. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about the health benefits of sleep. Include imaginary interviews with people who cannot sleep. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. 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.

5. LETTER: Write a letter to an expert on sleep. Ask him/her three questions about sleep. Give him/her three of your opinions on how to sleep if you have problems. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.