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Level 2

People use technology more, sleep less

9th August, 2014

<http://www.breakingnewsenglish.com/1408/140809-sleeping-2.html>

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Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1408/140809-sleeping-2.html>

British people spend more time watching TV, gaming, and using mobile phones and computers than sleeping. Research by a communications agency found that Britons use technology for 20 minutes longer than they spend sleeping. The average U.K. adult uses technology for eight hours and 41 minutes a day. One of the biggest reasons for this is broadband and wi-fi. People spend more time online. Many people are on their phone or online while watching television. Television was the most popular activity. Adults watched an average of three hours a day.

The study looked at technology and different age groups. It found that six-year-olds understand it the same as 45-year-olds. People understand digital technology most when they are 14 or 15. Technology is changing the way people communicate. He warned that we are becoming more anti-social. He said we are moving away from face-to-face conversations because of technology. He added that people are becoming glued to their smart phones. Technology also means people are working at home after they finished work and got home.

Sources: <http://www.independent.co.uk/life-style/gadgets-and-tech/news/we-now-spend-more-time-in-front-of-a-screen-than-in-bed-ofcom-study-shows-9652631.html>
<http://www.reuters.com/article/2014/08/06/britain-communications-idUSL6N0QC4NF20140806>
<http://consumers.ofcom.org.uk/news/cmr-2014/>

MATCHING

From <http://www.breakingnewsenglish.com/1408/140809-sleeping-2.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|--------------------------|
| 1. British people spend more | a. time online |
| 2. Research by a communications | b. activity |
| 3. The average U.K. | c. time watching TV |
| 4. One of the biggest reasons | d. adult |
| 5. People spend more | e. of three hours a day |
| 6. while | f. for this is broadband |
| 7. the most popular | g. agency |
| 8. watched an average | h. watching television |

PARAGRAPH TWO:

- | | |
|------------------------------------|--------------------------|
| 1. technology and different | a. to their smart phones |
| 2. six-year-olds understand it the | b. to-face conversations |
| 3. digital | c. and got home |
| 4. we are becoming more anti- | d. at home |
| 5. moving away from face- | e. age groups |
| 6. people are becoming glued | f. social |
| 7. people are working | g. same as 45-year-olds |
| 8. after they finished work | h. technology |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1408/140809-sleeping-2.html>

British people (1) _____ watching TV, gaming, and using mobile phones and computers than sleeping. Research by a communications (2) _____ Britons use technology for 20 minutes longer than (3) _____. The average U.K. adult uses technology for eight hours and 41 minutes a day. One of (4) _____ for this is broadband and wi-fi. People spend more time online. Many people are on their phone or (5) _____ television. Television was the most popular activity. Adults watched (6) _____ three hours a day.

The study looked at technology and (7) _____. It found that six-year-olds understand (8) _____ 45-year-olds. People understand digital technology most when they are 14 or 15. Technology is changing the (9) _____. He warned that we are becoming (10) _____. He said we are moving (11) _____ conversations because of technology. He added that people are becoming glued to their smart phones. Technology (12) _____ are working at home after they finished work and got home.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1408/140809-sleeping-2.html>

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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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)

g)

h)
