

## People use technology more, sleep less

9th August, 2014



People in Britain now spend more time watching TV, gaming, and using their mobile phones and computers than sleeping. Research by the British communications agency Ofcom

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. They sleep for an average of eight hours and 21 minutes. One of the biggest reasons for this is broadband and wi-fi. People can get online almost anywhere, so they spend more time online. Many people make telephone calls or surf the web while watching television. Television was the most popular activity. Adults watched an average of three hours a day.

The study also looked at how different age groups understood technology. One surprising finding was that six-year-olds understand how to use technology at the same level as 45-year-olds. Another finding was that people understood digital technology most when they are 14 or 15. A doctor said technology is changing the way people communicate with each other. Dr Arthur Cassidy warned that we are becoming more and more anti-social. He said we are moving away from face-to-face conversations because of technology. He added that people are becoming addicted to their smart phones. Technology also means people are working at home after they get home from work.

Sources: *The Independent* / *Reuters* / *Ofcom.org*

## Writing

There is too much technology in our life. Discuss.

## Chat

Talk about these words from the article.

*watching TV / gaming / mobile phones / sleeping / technology / average / popular / different age groups / surprising / digital / anti-social / addicted / working at home*

## True / False

- People in Britain spend more time watching TV than sleeping. T / F
- The average British adult sleeps 20 minutes more nowadays. T / F
- The average British adult sleeps for over eight hours every day. T / F
- The average British adult watches three hours of TV a day. T / F
- Six year-olds are at the same level with technology as 45-year-olds. T / F
- People understand technology most at the age of 24 to 25. T / F
- A doctor said we are talking to each other face-to-face more nowadays. T / F
- The doctor suggested that many people can't live without their phone. T / F

## Synonym Match

- |                  |                |
|------------------|----------------|
| 1. spend         | a. research    |
| 2. average       | b. well-liked  |
| 3. almost        | c. arrive      |
| 4. web           | d. use up      |
| 5. popular       | e. chats       |
| 6. study         | f. hooked on   |
| 7. finding       | g. pretty much |
| 8. conversations | h. typical     |
| 9. addicted to   | i. discovery   |
| 10. get          | j. Internet    |

## Discussion – Student A

- What do you find most difficult about technology?
- Are you surprised 6-year-olds have a good understanding of technology?
- How has technology changed the way you communicate?
- Do you prefer face-to-face or online communication?
- How can we help people who are addicted to technology?
- Is technology good or bad?
- Is it bad to work at home after leaving work?
- What questions would you like to ask the researcher?

# Breaking News English - The Mini Lesson

## Phrase Match

1. Research by the British
  2. The average
  3. One of the biggest reasons
  4. Television was the most
  5. Adults watched an average
  6. different age
  7. digital
  8. we are becoming more and more
  9. people are becoming addicted
  10. after they get home
- a. U.K. adult
  - b. anti-social
  - c. of three hours a day
  - d. to their smart phones
  - e. groups
  - f. from work
  - g. popular activity
  - h. technology
  - i. communications agency
  - j. for this is broadband

## Discussion – Student B

- a) What's nicer, using technology or sleeping?
- b) How important is technology to you?
- c) What technology is most important to you (and why)?
- d) Why might using technology too much be bad?
- e) What do you think of the fact people use technology more than sleeping?
- f) What would life be like without technology?
- g) Do you ever use technology when you should be in bed?
- h) Is three hours of TV a day OK or too much?

## Spelling

1. imlebo phones
2. communications ayngce
3. One of the biggest osenras
4. make plneoeeth calls
5. Television was the most luaropp activity
6. an earveg of three hours a day
7. technology at different age srugpo
8. litigda technology
9. changing the way people caumcitmone
10. more and more nati-csilao
11. face-to-face istcnonvsaore
12. becoming caddtdei

### Answers – Synonym Match

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

## Role Play

### Role A – Gaming

You think gaming is the worst addiction. Tell the others three reasons why. Tell them things that aren't so bad about their things. Also, tell the others which is the least addictive of these (and why): gambling, shopping or fast food.

### Role B – Gambling

You think gambling is the worst addiction. Tell the others three reasons why. Tell them things that aren't so bad about their things. Also, tell the others which is the least addictive of these (and why): gaming, shopping or fast food.

### Role C – Shopping

You think shopping is the worst addiction. Tell the others three reasons why. Tell them things that aren't so bad about their things. Also, tell the others which is the least addictive of these (and why): gambling, gaming or fast food.

### Role D – Fast Food

You think fast food is the worst addiction. Tell the others three reasons why. Tell them things that aren't so bad about their things. Also, tell the others which is the least addictive of these (and why): gambling, shopping or gaming.

## Speaking – Addicted

Rank these with your partner. Put the worst addictions at the top. Change partners often and share your rankings.

- gaming
- watching TV
- gambling
- Facebook
- coffee
- shopping
- cigarettes
- fast food

### Answers – True False

a	F	b	F	c	T	d	T	e	T	f	F	g	F	h	T
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.