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Level 4 – 6th May 2024

Men sleep better than women, study finds

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<https://breakingnewsenglish.com/2405/240506-sleep-4.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2405/240506-sleep-4.html>

Men may sleep better than women. Because of this, women need different treatments for sleep disorders. Insomnia is 1.5 times more common among women. One reason for this is our body clock. Women have about six minutes less time per day to rest. Another reason is motherhood. There are unequal stresses on mothers. A doctor said: "It's almost like their brain was half-listening out for their children in the middle of the night."

The stress of everyday life means more of us are finding it difficult to sleep. Around 30 per cent of people experience sleep deprivation. A lack of sleep can lead to life-threatening illnesses. These include diabetes and heart disease. Insufficient sleep can also negatively impact our concentration, and lead to poorer mental health. A neurologist 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>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2405/240506-sleep-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------|------------------------|
| 1. Men may sleep | a. day to rest |
| 2. women need different | b. among women |
| 3. sleep | c. clock |
| 4. 1.5 times more common | d. treatments |
| 5. our body | e. is motherhood |
| 6. less time per | f. better than women |
| 7. Another reason | g. stresses on mothers |
| 8. There are unequal | h. disorders |

PARAGRAPH TWO:

- | | |
|------------------------------|-----------------------|
| 1. The stress | a. correlation |
| 2. more of us are finding it | b. sleep |
| 3. sleep | c. disorders |
| 4. A lack of | d. difficult to sleep |
| 5. life-threatening | e. health |
| 6. lead to poorer mental | f. deprivation |
| 7. a high | g. illnesses |
| 8. underlying psychiatric | h. of everyday life |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2405/240506-sleep-4.html>

Men (1) _____ than women. Because of this, women need (2) _____ sleep disorders. Insomnia is 1.5 times more common among women. One reason for this is (3) _____. Women have about six minutes less time per day to rest. Another (4) _____. There are unequal stresses on mothers. A doctor said: "It's (5) _____ brain was half-(6) _____ their children in the middle of the night."

The (7) _____ life means more of us are finding it difficult to sleep. Around 30 per cent of (8) _____ deprivation. A lack of sleep can lead to (9) _____. These include (10) _____ disease. Insufficient sleep can also negatively (11) _____, and lead to poorer mental health. A neurologist said: "There is a high correlation with underlying psychiatric (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2405/240506-sleep-4.html>

Men may sleep better than women. Because of this, women need different treatments for sleep disorders. Insomnia is 1.5 times more common among women. One reason for this is our body clock. Women have about six minutes less time per day to rest. Another reason is motherhood. There are unequal stresses on mothers. A doctor said: "It's almost like their brain was half-listening out for their children in the middle of the night." The stress of every day life means more of us are finding it difficult to sleep. Around 30 percent of people experience sleep deprivation. A lack of sleep can lead to life-threatening illnesses. These include diabetes and heart disease. Insufficient sleep can also negatively impact our concentration, and lead to poorer mental health. A neurologist said: "There is a high correlation with underlying psychiatric disorders and insomnia."

SLEEP SURVEY

From <https://breakingnewsenglish.com/2405/240506-sleep-4.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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

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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) _____

