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Level 4 – 13th January 2025

Cold-water immersion therapy helps us sleep

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<https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-4.html>

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

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THE READING

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-4.html>

Sitting in cold water for several hours a week is good for our health. Researchers studied the effects of cold-water immersion therapy. They found it could benefit our cognition, sleep, and well-being. Thirteen test participants sat in 10°C water for 10 minutes, three times a week, for four weeks. The study said the cold water could "help with a number of positive physiological and psychological changes linked to improvements in overall general health".

Cold-water therapy is used in many areas. For decades, ice baths have helped with the recovery of athletes after high-energy performances. The researcher said therapeutic cold-water immersion led to "fewer sleep disturbances". Taking cold-water baths for health is already a common practice. At the New Year, people worldwide swim in icy seas and lakes. In Japan, bathers refresh their bodies by dipping in and out of hot and cold baths.

Sources: <https://www.psypost.org/cold-water-immersion-found-to-boost-cognitive-function-and-reduce-sleep-disturbances/>
<https://www.cbc.ca/life/wellness/cold-plunge-ice-bath-stress-relief-1.7424821>
<https://www.health.com/ice-baths-8404207>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-4.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|-------------------|
| 1. Sitting | a. improvements |
| 2. several | b. effects |
| 3. Researchers studied the | c. help |
| 4. They found it could benefit | d. hours a week |
| 5. cognition, sleep, | e. health |
| 6. the cold water could | f. and well-being |
| 7. psychological changes linked to | g. in cold water |
| 8. overall general | h. our cognition |

PARAGRAPH TWO:

- | | |
|-------------------------------|------------------------|
| 1. Cold-water therapy is used | a. practice |
| 2. For decades, ice | b. athletes |
| 3. the recovery of | c. disturbances |
| 4. high- | d. in and out |
| 5. fewer sleep | e. in many areas |
| 6. already a common | f. seas |
| 7. icy | g. baths have helped |
| 8. dipping | h. energy performances |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-4.html>

Sitting in cold water (1) _____ a week is good for our health. Researchers (2) _____ of cold-water immersion therapy. They found it could (3) _____, sleep, and well-being. Thirteen (4) _____ in 10°C water for 10 minutes, three times a week, for four weeks. The study said the cold water could "help with a (5) _____ physiological and psychological changes linked to improvements in (6) _____".

Cold-water therapy is used (7) _____. For decades, ice baths have helped with the (8) _____ after high-energy performances. The researcher said therapeutic cold-water (9) _____ "fewer sleep disturbances". Taking cold-water baths for health is already (10) _____. At the New Year, people worldwide swim (11) _____ and lakes. In Japan, bathers refresh their bodies (12) _____ and out of hot and cold baths.

PUT A SLASH (/) WHERE THE SPACES ARE

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COLD WATER SURVEY

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-4.html>

Write five GOOD questions about cold water 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) _____

WRITING

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy-4.html>

Write about **cold water** for 10 minutes. Read and talk about your partner’s paper.
