

## Going to bed late shortens our life, says study

Sources: <http://abcnews.go.com/Health/bad-news-night-owls-people-bed-higher-risk/story?id=54430501> <https://www.cbsnews.com/news/bad-news-for-night-owls-late-risers-may-die-sooner-study-finds/> <https://www.livescience.com/20880-morning-people-happier.html>

A new study says that going to bed late may be bad for our health. It may even shorten our life. The study was carried out in the United Kingdom. Researchers spent six-and-a-half years looking at the lifestyles of 430,000 adults between the ages of 38 and 73. At the end of the study, the researchers compared the deaths of people who went to bed early to those who went to bed late. They found that night owls (people who go to bed late) were 10 per cent more likely to die during the period of the study. The researchers concluded that night owls were at higher risk of an early death than early birds (people who slept early). Night owls were also at a greater risk of poor health compared to early birds. The researchers said society and working patterns needed to change to reduce the risks of ill health for night owls. Researcher Malcolm van Schantz said: "This is a public health issue that can no longer be ignored." He suggested that night owls should be allowed to start and finish work later in the day so they could sleep longer in the morning. The researchers said that night owls were more likely to suffer from mental problems, diabetes, and stomach and breathing troubles. They were also more likely to smoke, drink alcohol and coffee, and take drugs. Researchers also said different sleeping patterns during the week and at weekends could increase the chances of health problems for night owls.

HEALTH: What can we do to be healthier? Complete this table with your partner(s). Change partners often and share what you wrote.

	What you do	What you should do
Sleep		
Exercise		
Food		
Stress		
Friends		
Lifestyle		

BENEFITS: Rank these with your partner. Put the biggest benefits of sleeping early at the top. Change partners often and share your rankings.

- never tired
- look younger
- sleep a lot
- get more things done
- get up early
- never late
- good body clock
- healthier body

## COMPREHENSION QUESTIONS

1. Where was the research conducted?
2. How many adults did researchers look at?
3. What were the ages of the people the researchers looked at?
4. How much likelier to die during the study were night owls?
5. What is an early bird?
6. What did researchers say needed to change, besides society?
7. What kind of issue did a researcher call the risks from sleeping late?
8. What kind of problems did the researcher say night owls might have?

9. What two things might night owls drink more of?
10. What patterns did researchers say was different at weekends?

## MULTIPLE CHOICE –QUIZ

1) Where was the research conducted?

- a)the USA
- b)the UK
- c)the UFO
- d)the UAE

2) How many adults did researchers look at?

- a)450,000
- b)420,000
- c)440,000
- d)430,000

3) What were the ages of the people the researchers looked at?

- a)38-73
- b)39-72
- c)37-74
- d)38-74

4) How much likelier to die during the study were night owls?

- a)17%
- b)20%
- c)10%
- d)15%

5) What is an early bird?

- a)someone who goes to bed early
- b)someone who wakes up early
- c)someone who hates midnight
- d)a pigeon

6)What did researchers say needed to change, besides society?

- a)working patterns
- b)beds
- c)alarm clocks
- d)all of us

7) What kind of issue did a researcher call the risks from sleeping late?

- a)a big issue
- b)an important issue
- c)a public health issue
- d)a sleep issue

8) What kind of problems did the researcher say night owls might have?

- a)mental problems
- b)pillow problems

- c)noise problems
- d)hair loss

9) What two things might night owls drink more of?

- a)alcohol and coffee
- b)alcohol and water
- c)tea and coffee
- d)water and tea

10) What patterns did researchers say was different at weekends?

- a)colourful patterns
- b)thinking patterns
- c)material patterns
- d)sleeping patterns

### SLEEPING LATE SURVEY

Write five GOOD questions about sleeping late 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.

## SLEEPING LATE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. What is the best time to go to bed?
4. Why is it good to go to bed early?
5. Do you sleep at different times during the week?
6. How do you feel when you wake up?
7. How unhealthy is going to bed late?
8. Why do people like going to bed late?
9. Are you a night owl or an early bird?
10. Will you change your sleeping pattern after reading this?

## SLEEPING LATE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'late'?
13. What do you think about what you read?
14. Should we be able to choose the time we start work?
15. How do you feel if you don't sleep enough?
16. Why are night owls more likely to smoke?
17. Do you agree that, "the early bird catches the worm"?
18. Why do some people think sleeping is a waste of time?
19. What advice do you have for people with sleeping problems?
20. What questions would you like to ask the researchers?

## FREE WRITING

Write about sleeping late for ten minutes. Comment on your partner's paper.

## ANSWERS

## COMPREHENSION QUESTIONS

1. The United Kingdom
2. 430,000
3. 38 to 73
4. 10% more likely
5. Someone who wakes up early
6. Working patterns
7. A public health issue
8. Mental problems
9. Coffee and alcohol
10. Sleeping patterns

## MULTIPLE CHOICE

1. b
2. d
3. a
4. c
5. b
6. a
7. c
8. a
9. a
10. d

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