

SLEEP AND LIGHT

(24TH MARCH, 2022)

SLEEPING WITH A LIGHT ON CAN HARM OUR HEALTH



Everyone knows that good sleep is important for our health. Not everyone knows how important it is to sleep in the dark. A new report says sleeping with the light on could be bad for our health. Researchers say turning off the light when we sleep helps to keep away diabetes and heart disease. Sleeping with the light on could increase the risk of getting these diseases. The researchers said around 40 per cent of people sleep with some sort of artificial light. They said even light from a television or alarm clock could affect our health. They added that the worst thing to sleep with is a main light. Sleeping in the dark is more difficult for people who live in cities, where there is a lot of outdoor light at night.

The researchers are from the Northwestern University Feinberg School of Medicine in Chicago, USA. The lead researcher, Dr Phyllis Zee, is an expert in sleep medicine. She said it is healthier for us to turn off all lights when we sleep. Her team conducted a study of the blood sugar levels of 20 people after nights of sleep. The people who slept with a light on had higher blood sugar levels the next morning compared to those who slept in total darkness. Dr Zee said this is because light stimulates brain activity, which raises blood sugar levels. She said there are three things we can do to reduce the risk of illness: turn off the lights, never sleep with white or blue light; and use a blackout curtain or wear an eye mask.

CHAT

DIABETES	1
HEART DISEASE	2
UNIVERSITY	3
BLOOD	4
SUGAR	5
SLEEP	6
EXPERT	7

DISCUSSION

1. What does everyone know that sleep is good for?
2. What disease could sleeping in the dark keep away besides diabetes?
3. What percentage of people sleep with an artificial light?
4. What does the article say is the worst thing to sleep with?
5. Where is there a lot of outdoor light at night?
6. What is Dr Phyllis Zee an expert in?
7. How many people took part in a study on sleep?
8. Who had higher levels of blood sugar?
9. What does light stimulate?
10. What kinds of light does the doctor say we should not fall asleep to?

SPECIAL POINTS OF INTEREST:

- Every
- Some
- Any
- No



RANKING

Rank these with your partner. Put the best things for our health at the top.

- Sleep
- Vegetables
- Laughter
- Exercise
- Vitamin supplements
- Music
- Chocolate
- Water

Write your reasons to explain:

1- _____

2- _____

3- _____

VOCABULARY (PARAGRAPH 1)

The people who slept with a light on had higher blood sugar levels.

- | | |
|---------------|--|
| 1) Report | A. A disease in which the body has too much sugar in the blood. |
| 2) Diabetes | B. An illness or damage to the body (not caused because of an injury). |
| 3) Increase | C. Done, situated, or used outside. |
| 4) Disease | D. Become or make greater in size, amount, or degree. |
| 5) Artificial | E. A clock or device that wakes you up at the time you set. |
| 6) Alarm | F. A piece of writing about some research. |
| 7) Outdoor | G. Made or produced by human beings rather naturally. |

VOCABULARY (PARAGRAPH 2)

- | | |
|--------------|---|
| 1) Lead | A. A person who is very knowledgeable about or skillful in a particular area. |
| 2) Expert | B. Did |
| 3) Conducted | C. A piece of material that covers a window. |
| 4) Blood | D. Raise or increase levels of activity in something. |
| 5) Stimulate | E. The red liquid that moves around inside our body. |
| 6) Risk | F. The most important. |
| 7) Curtain | G. Be where there is possible danger. |





WRITE YOUR OWN QUESTIONS!

STUDENT'S QUESTIONS

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

ROLE PLAY

Sleeping with the light on could increase the risk of getting these diseases.

You think sleep is the most important thing for good health. Tell the others three reasons why.

- 1 _____
- 2 _____
- 3 _____

You think vegetables are the most important thing for good health. Tell the others three reasons why. 1

- _____
- 2 _____
- 3 _____

You think exercise is the most important thing for good health. Tell the others three reasons why.

- 1 _____
- 2 _____
- 3 _____



WRITE WHAT YOU HEAR!

Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words.

Light

Sleep

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- Jillian Michaels



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WRITING

Write about **sleep and light** for 10 minutes.

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