

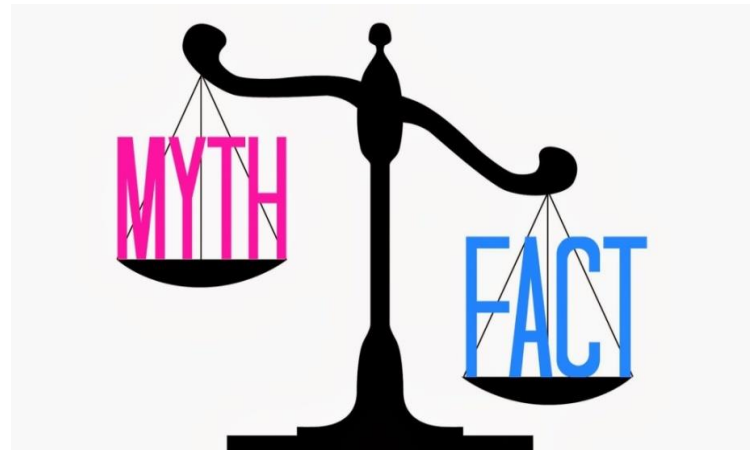
Myths about Sleep

Pre- Advanced Kids - Lesson 10

Lesson 10. Myths about Sleep



- What can you learn about the images?
- How are you going to define a myth?



- Give examples of myths that you know.
- Differentiate a myth from a fact.
- Can myths become facts? If yes, how?

Lesson 10. Myths about Sleep



Listening 10.1: Sleeping Patterns

1) Sarah sleeps _____ Todd at night.

- a) less than
- b) more than

2) She usually sleeps _____ a night.

- a) six hours
- b) seven hours
- c) eight hours

3) Todd says he can wake up _____ .

- a) only with an alarm clock
 - b) whenever he wants
 - c) and go back to sleep
- 4) Who takes naps now?
- a) Todd
 - b) Sarah

c) Neither of them

5) They say naps make you feel _____ .

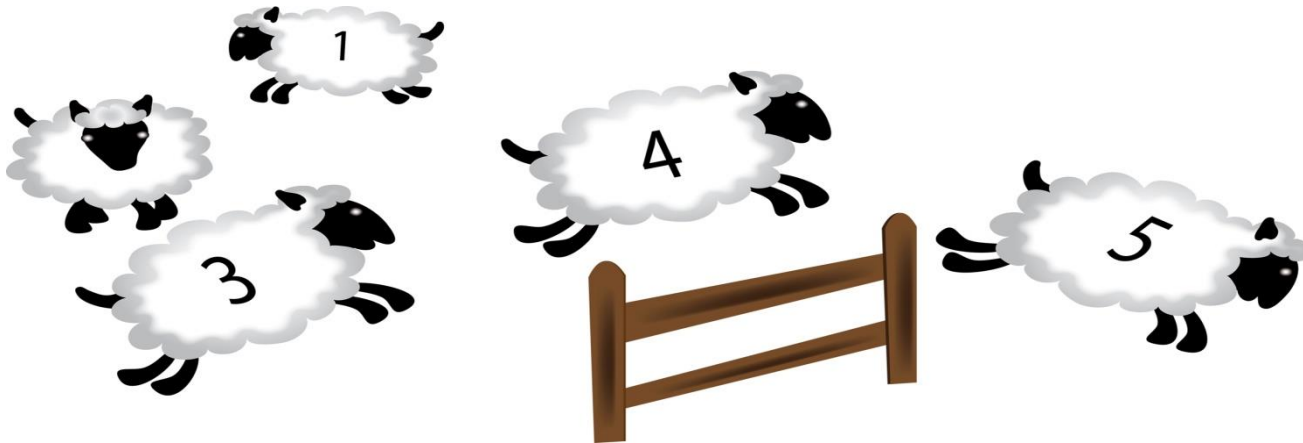
- a) refreshed
- b) groggy
- c) guilty

**paranoid • deep sleeper • not the case
danger zone • groggy • conk out**

1. He is _____ about failing his class.
2. I'm a _____ so don't worry about waking me.
3. I thought she'd be mad but that was _____ .
4. When I get home I am so tired I just _____ .
5. Most poor cities become a _____ at night.
6. If I take a nap, I feel _____ after I wake up.

Lesson 10. Myths about Sleep

- ▶ **GETTING TO SLEEP:** Can the following help us sleep?



	Good thing	Bad thing	Discuss
Watching TV			
Counting sheep			
Exercise			
Reading books			
Studying			
Drinking Milk / Tea			
Listening to Music			

Lesson 10. Myths about Sleep

Predictions: What Earth Will Be Like 100 Years in the Future



1



2



3



4



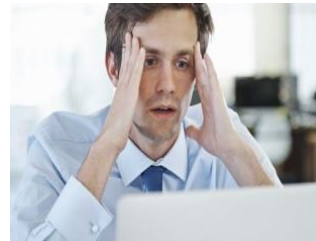
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<https://www.webmd.com/sleep-disorders/features/10-results-sleep-loss>

Lesson 10. Myths about Sleep

- ▶ Discuss the following vocabulary

Oversleeping

Asleep at the wheel

Alarm Clock

sleep like a log

Slumber Party

Insomnia

Nocturnal

Sleepwalk

Sleeptalk

Nightmare

Sleep Deprivation

Cat nap

Lullaby

Lie in

Morning person

Eye bags

Snoring

Siesta



Lesson 10. Myths about Sleep

Put the highlighted verbs in singular or plural form.

About seventy countries around the world **use** daylight savings time. Each spring, clocks **get** moved forward one hour because the daytime hours **be** longer in the summer. Each fall, clocks **get** moved back one hour because the daytime hours **be** shorter in the winter. Adjusting the clocks **help** the environment because we **use** less energy.

However, there **be** health benefits with daylight savings time too. If you **sleep** one hour more because of the change in time each fall, your chances of a heart attack **decrease**. Unfortunately, the number of heart attacks **increase** in the spring when you **lose** an hour of sleep.

Since we are talking about sleep, did you know there **be** a lot of myths about sleep? For example, you should sleep seven or eight hours of sleep, not five or six. Some people **say** they **need** less sleep, but this **be** untrue and there **be** consequences. If you sleep too little, you will work less effectively. Not enough sleep also **damage** your heart and immune system. In addition, if you **drive** with six hours of sleep or less, it's almost the same as driving drunk. You will have worse reaction times and more accidents. Lastly, if you usually **sleep** too little during the week but then sleep a lot on the weekend, this pattern **be** also harmful. Irregular sleep patterns can cause stress.

So what can you learn from this article? Use the change in time to make some lasting changes to your sleep habits.

Lesson 10. Myths about Sleep

Comprehension:

- According to the article, what is daylight saving time?
- Fewer people have heart attacks in the fall. Why?
- What problems are there with too little sleep?
- Is too much sleep good or bad? Why?
- What message does the article try to convey?

- True or False
 - More than seventy countries follow daylight saving time.
 - Daylight saving time has health benefits.
 - According to the article, seven or eight hours of sleep is best.
 - Some people don't need much sleep, so four hours is fine.
 - According to the article, it's okay to sleep a lot on the weekends.

Lesson 10. Myths about Sleep

Post Comprehension:

1. According to the article, what is daylight saving time?
2. How is daylight saving time beneficial?
3. Explain why there are fewer people who have heart attacks in the fall.
4. What problems are there with too little sleep?
5. Is too much sleep good or bad? Why?
6. What message does the article try to convey?

Do you agree or disagree?

- I sleep about ten hours every day.
- I catch up on sleep over the weekend.
- I wish I was able to sleep more.
- Some people only need four hours of sleep.
- People who don't get enough sleep may develop health problems.

Lesson 10. Myths about Sleep

- ▶ **How harmful are these things to children? How can we reduce this damage?**

	Harm	How to reduce the damage
Screen light		
No exercise		
No reading time		
Adult content		
No talking to others		
Eyesight		
Screen light		

Lesson 10. Myths about Sleep



Listening 10.2 : Listen to an article on the effects of screen time to children and identify whether the following are true or false.

1. A study says watching TV before bedtime is bad for children.
2. Researchers looked at more than 60 studies in their research.
3. Researchers said 90% of studies found screen time was bad for children.
4. Around 75% of children had no screen in their bedroom.
5. The article said pre-teens needed up to 12 hours sleep a night.
6. The researchers mentioned four reasons why screens are bad.
7. The researchers said screens trick children into thinking it's night time.
8. The researchers said screens encourage children to exercise.

Lesson 10. Myths about Sleep

► Dreams and Meanings

Dreams about...	Meaning
falling	
flying	
being naked in public	
being chased	
knowing famous people	
missing a flight	



1. What springs to mind when you hear the word 'dream'?
2. What is a nightmare? Have you ever had one?
3. What kinds of dreams do you have?
4. Would you like to be able to read your dreams?
5. Whose mind or dreams would you like to read?
6. Has anything you've dreamt about come true?
7. What is daydreaming?

Lesson 10. Myths about Sleep

► **Explain the following quotations.**

Sleep is that golden chain that ties health and our bodies together.

Thomas Dekker

All men of action are dreamers.

James Huneker

“Which is the true nightmare, the horrific dream that you have in your sleep or the dissatisfied reality that awaits you when you awake?”

Justin Alcala

The best bridge between despair and hope is a good night’s sleep.

E. Joseph Cossman

Anyone can escape into sleep, we are all geniuses when we dream, the butcher’s the poet’s equal there.

Emile M. Cioran

Lesson 10. Myths about Sleep

Vocabulary exercise "Sleep"

- Mr. Wally's class was so monotonous today I couldn't help _____ a few times.
(a) sleeping (b) dozing off
(c) waking up (d) resting
- Cold medicines usually make me feel _____. I feel like I don't have energy to do anything.
(a) asleep (b) hyper
(c) awake (d) drowsy
- Janine! Where were you? I've been looking all over for you. — Sorry, Mom! I was reading a book by the tree over at the lake, fell _____ and lost track of the time.
(a) sleep (b) sleepy
(c) asleep (d) slept
- In winter time, bears hide themselves in caves and _____.
(a) hibernate (b) take a nap
(c) snooze (d) relax
- My daughter is having a party tonight at our house.
(a) night (b) sleepy
(c) snooze (d) slumber
- My neighbor likes every day after lunch.
(a) to hibernate (b) to doze off
(c) to take a nap (d) to snore
- I feel so today. I should have gone to bed earlier last night.
(a) dreamy (b) sleepy
(c) asleep (d) relaxed
- What time do you usually go to at night? — Hmm... usually at about midnight.
(a) sleepy (b) asleep
(c) sleep (d) dream
- Every time he gets back from work, my husband likes to sit in his armchair andfor a few minutes before dinnertime.
(a) sleep away (b) rest
(c) slumber (d) snore
- Caitlin was an extremely hyper kid. When taking care of her, her mom hardly ever had time to
(a) relax (b) doze off
(c) slumber (d) snooze

Lesson 10. Myths about Sleep

- ▶ **Discuss the article below and answer the questions that follow.**



https://www.youtube.com/watch?v=3eLfn7Ewx_s

1. What are bedtime rituals?
 - Do you have any? Talk about them.
 - What are some things that should be kept out of a bedtime ritual?
2. Why does looking at clocks make it less likely for people to fall asleep?
3. Can you add up more tips to get a good night sleep?

Lesson 10. Myths about Sleep

Express Yourself

1. *How much sleep do you get every night? Is this too much or too little? Why?*
2. *What do you know about your body clock?*
3. *Do you think people in general get enough sleep? Why/not?*
4. *What's the best time for children to go to bed?*
5. *What should children do before they sleep?*
6. *What happens if children do not sleep enough?*
7. *Should screens be banned from bedrooms?*
8. *What are the dangers of screens for children?*
9. *How important are bedtime stories for children?*
10. *Do you agree that everyone needs seven or eight hours of sleep per day? Why/not?*
11. *Some countries take time off in the afternoon to rest. Is this good or bad? Why?*
12. *If you could sleep less but stay healthy, would you want to? Why/not?*
13. *In the today's world, many people don't get enough sleep. What do you think are reasons for this problem?*
14. *Have you ever overslept? Tell about it.*

The End