Topic: Sleep

Aims:
- To help students talk about sleep and how it affects our lives
- To develop students’ reading and listening skills
- To develop students’ communication skills
- To develop students’ debating skills

Level: Low intermediate B1/B2

Introduction
Hour many hours sleep do teenagers need? Do you ever fall asleep on public transport? This lesson asks students to read and talk about sleep. It includes a running dictation, a quiz, a text with an information gap activity and a debate on whether or not school should start later for teens.

1. Running dictation
   - Cut up several copies of ‘Competitive sleeping’ and blu-tack them at eye level around the classroom.
   - Put students in A and B pairs. Student A has to run to a text, read a few words and then run back to B and dictate. Student B has to write what he/she hears. The first pair to finish are the winners. (You could pre-teach full stop, comma, apostrophe before the activity.)
   - When one pair have finished, stop the activity. Students compare what they have written with the text.
   - Ask students if they think the story is true. It’s true – find the full story here: http://www.bbc.co.uk/news/world-europe-11614399. Ask if they can imagine a similar competition in their country. Why or why not?

2. Quiz
   - Display or hand out the sleep quiz.
   - Ask for volunteers to ask you any of the questions from the quiz. Deal with vocabulary as it comes up in each question. You could focus on get up vs. wake up (Which do you usually do first?).
   - Students then do the quiz individually before comparing their answers in pairs.
   - To round up, ask 2 or 3 pairs whether their answers were similar or different.
1. Running dictation

Competitive sleeping
Spain’s first National Siesta Championship was held in Madrid in October 2010. Competitors in the contest tried to sleep for 20 minutes on sofas in a busy shopping centre.

Judges monitored the participants’ pulses to check that they were asleep. The judges then gave points to the sleepers for falling asleep quickly, for the volume of their snores, for the most original sleeping position and for being well dressed.

Pedro Soria Lopez from Ecuador slept for 15 minutes and won the first prize of 1000 euros.

2. Quiz

Sleep quiz.
1. Do you sleep with the window open? Yes / no / sometimes
2. How many hours do you sleep each night? Less than 8/ more than 8/ it depends
3. Do you sleep on public transport? Never / sometimes / it depends
4. Do you go to bed at the same time every day? Yes / no
5. Do you snore? Yes / no / I don’t know
6. Do you use an alarm clock to wake up? Yes / no / sometimes
7. When do you feel tired? Morning / afternoon / evening / never / always
8. Do you have a nap in the afternoon? Yes / no / sometimes
9. Do you remember your dreams? Sometimes /never / always
10. Who gets up first in your home?
11. Do you use earplugs to sleep in noisy places? Yes / no / sometimes
12. Do you suffer from insomnia? Yes / no / sometimes

Compare your answers with your partner’s. Are they similar or different?
3. Information gap

- Divide students into 2 groups (group A and group B) and have them sitting in different parts of the room if possible. Hand out the relevant information gap tasks to the groups. Give each group help to prepare their questions, as this is quite a challenging task.
- If students ask about the meaning of should you could explain that should means it’s a good idea and shouldn’t means it’s a bad idea.
- When students have all their questions prepared they can either:
  - split into A,B pairs to ask and answer questions
  or
  - stay in their groups and ask their questions across the class.

- Students answer questions A, B and C in pairs. Ask 2 or 3 pairs whether they agree with the advice or not.

Information gap answers:

Suggested questions for student A:

1 Who needs more sleep than their parents?
2 Where do teenagers often feel tired?
3 What do some people say?

Suggested questions for student B:

4 What do we need as we get older?
5 What can be a problem for this age group?
6 What do experts say that you shouldn’t drink?

Suggested answers for students A and B:

A) Teens feel tired at school. Adults sometimes suffer from insomnia.

B) School should start later for teens. Adults shouldn’t drink tea or coffee in the evenings.
3. Information gap

**STUDENT A**

Part 1: Student B has the information you need to complete the text. Prepare questions to find out the missing information.

**How many hours do you need?**

It’s official. 1) ___________ need more sleep than their parents. According to the American organisation, the National Sleep Foundation, people aged between 10 and 17 need to sleep between 8.5 and 9.25 hours each night. But teenagers often feel tired at 2) ___________ because they go to bed too late or because they have to get up early in the morning. Some people say 3)____________________________ for teens.

We need less sleep as we get older. Adults need between 7 and 9 hours a night. Insomnia can sometimes be a problem for this age group. Experts say that you shouldn’t drink tea or coffee in the evenings and that you should go to bed at the same time every night, even at the weekend, if you have problems going to sleep or staying asleep.

**Write your questions:**

1) *Who*…………………………………………………………………………………?  
2) *Where*………………………………………………………………………………..?  
3) *What* …………………………………………………………………………………..?

**Part 2: Read the text again and answer the questions together:**

A) What sleep problems are associated with each age group?  
B) What advice is offered for these problems?  
C) Do you agree with this advice?
## 3. Information gap

### STUDENT B

Part 1: Student A has the information you need to complete the text. Prepare questions to find out the missing information.

**How many hours do you need?**

It's official. Teens need more sleep than their parents. According to the American organisation, the National Sleep Foundation, people aged between 10 and 17 need to sleep between 8.5 and 9.25 hours each night. But teenagers often feel tired at school because they go to bed too late or because they have to get up early in the morning. Some people say that maybe school should start later for teenagers.

We need less 4) __________ as we get older. Adults need between 7 and 9 hours a night. 5) __________ can sometimes be a problem for this age group. Experts say that you shouldn't drink 6) ___________ in the evenings and that you should go to bed at the same time every night, even at the weekend, if you have problems going to sleep or staying asleep.

**Write your questions:**

4) What………………………………………………………………………………?  

5) What………………………………………………………………………………?  

6) What………………………………………………………………………………?

**Part 2: Read the text again and answer the questions together:**

A) What sleep problems are associated with each age group?  
B) What advice is offered for these problems?  
C) Do you agree with this advice?
4. Debate

- Write *School should start later for teenagers* on the board and tell students that they are going to prepare for a debate on this topic.
- Elicit language they need to agree/disagree/give opinions onto the board then hand out or display the worksheet for the debate task. Draw students’ attention to the useful language for debates. Is it similar to the list compiled on the board?
- Put students into small groups with an equal number of A groups and B groups. As have to imagine that they strongly agree with the debate title and Bs that they strongly disagree. Tell students that they need to prepare what they are going to say in advance. Encourage them to be imaginative with their reasons.
- Give a time limit of 5 minutes for preparation and then pair off the groups so that each A group is sitting with a B group. Students then try to convince the opposing group that their opinion is correct. With a larger class you could stop them after a few minutes and shuffle the groups around and repeat with different groups talking to each other.
- Monitor and make notes of any common errors or especially good language you hear. Write up errors on the board for class correction. Also write up examples of good language you heard and encourage students to add it to their vocabulary records.
4. Debate: School should start later for teenagers

Prepare what you want to say with your group. Now talk to a different group. Here is some useful language:

- *I think…*
- *Yes, but…*
- *Ok, but…*
- *Why do you think that?*
- *Really?*
- *No way!*
- *I totally disagree with you.*
- *That’s right!*
- *I completely agree with you.*

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<th>Group A: Agree</th>
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<tbody>
<tr>
<td>We agree because:</td>
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<tr>
<td>1 Young people are tired at school.</td>
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<td>2 …………………………………………………………….</td>
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<td>3 …………………………………………………………….</td>
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<tr>
<th>Group B: Disagree</th>
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<tbody>
<tr>
<td>We disagree because:</td>
</tr>
<tr>
<td>1 Teenagers should go to bed earlier.</td>
</tr>
<tr>
<td>2 …………………………………………………………….</td>
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