

Learning about learning

Unit 2 Reading

The eighth of October

Thursday

Questions to answer

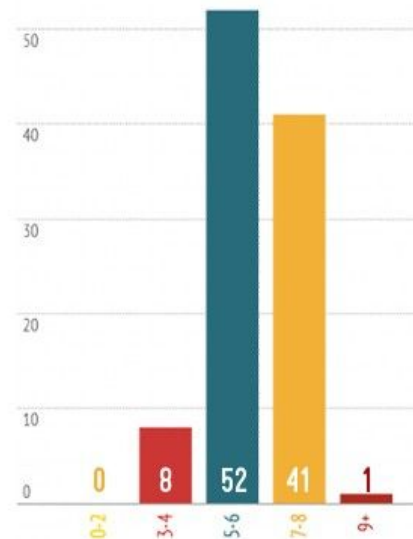
- What do you usually do in the hour or two before you go to bed at night?
- How many hours' sleep do you get at night? Do you think it's enough?
- Do you normally wake up in the morning feeling refreshed?

Sleeping patterns in students

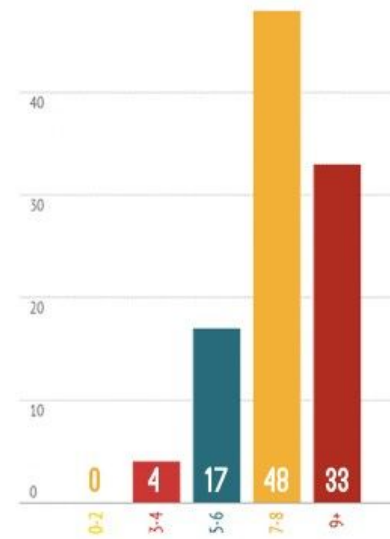
Sleep disorders are a huge problem in all age groups, especially teens. It is recommended that all teens get about 7-9 hours of sleep every night, but **only 15 percent of all teens reach that amount.**

STUDENT SLEEP STATISTICS

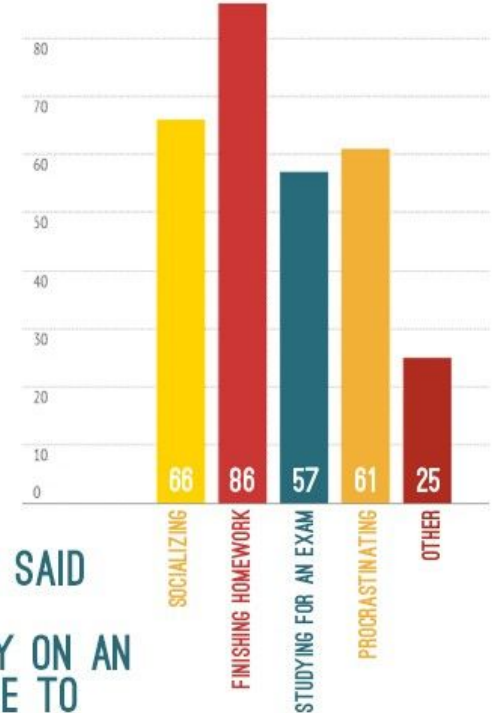
HOURS USUALLY SLEPT ON WEEKNIGHTS



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REASONS FOR GIVING UP SLEEP



73 OUT OF 102 STUDENTS SAID THAT THEY FELT THEY PERFORMED INADEQUATELY ON AN ASSIGNMENT OR EXAM DUE TO LACK OF SLEEP

<https://scienceleadership.org/blog/i-can-t-sleep-and-neither-can-you>

Translate:

English

Russian

- To set sleep patterns
- Affect schoolwork
- To stay awake
- Sleep deprivation
- Not feel like getting up
- To fall behind
- A cone-like cup
- Consolidate
- Attach by a string
- Trigger
- Emitted from

Tick the ideas that are mentioned in the article:

- 1 Activities before bedtime
- 2 not getting enough sleep
- 3 food, drink and diet
- 4 light and dark
- 5 Different types of bed
- 6 Electronic equipment
- 7 TV distractions

Tick the ideas that are mentioned in the article:

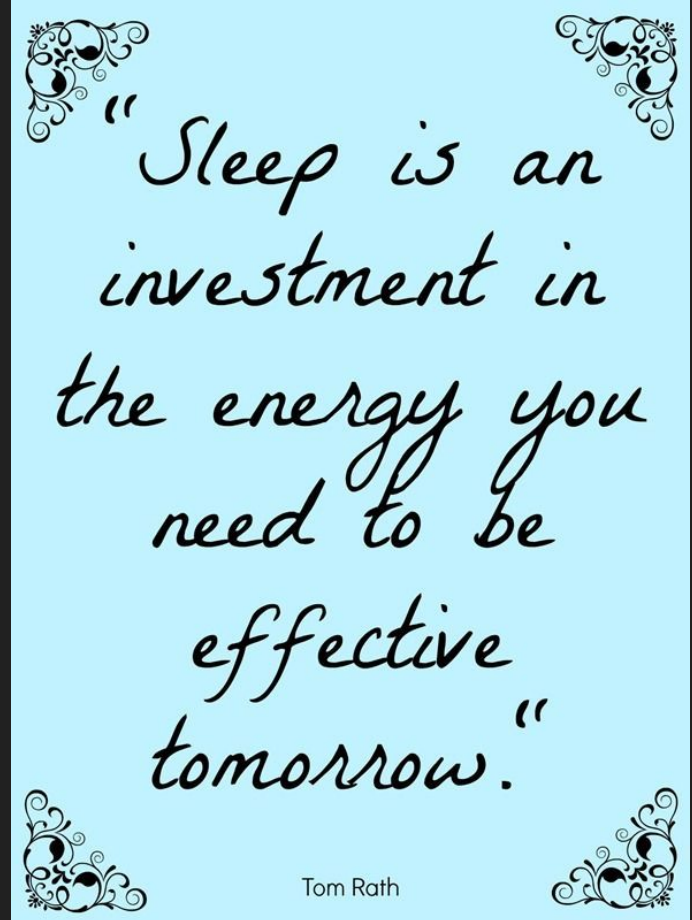
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Vocabulary to learn

- Feel refreshed
- Wake up fresh and energised
- Body clocks
- To prop smb up
- In contrast
- Later on
- Feel sleepy
- In middle age
- Be at one's alert
- To confuse smb
- To make matters worse
- Recent research has shown
- Greatly affect
- To fall asleep
- Experience sleep deprivation
- Be a prime example
- ○ trigger the release of melatonin
- Trick the brain into thinking
- To wind down
- Be used to getting up early

Your research on the effect of sleep

Creative work



What do you think?

- Later school start times are perfect for teens
- “Digital sunset” must be used before bedtime
- Lack of sleep seriously affects your schoolwork
- Binge-sleep at weekends is a good way out

Thanks for your attention

I'm so good at
sleeping I can do it with
my eyes closed.