

Learning about learning

Unit 2 Reading

The eighth of October

Thursday

Questions to answer

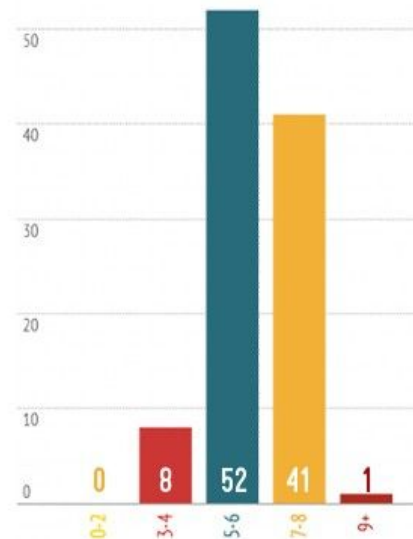
- What do you usually do in the hour or two before you go to bed at night?
- How many hours' sleep do you get at night? Do you think it's enough?
- Do you normally wake up in the morning feeling refreshed?

Sleeping patterns in students

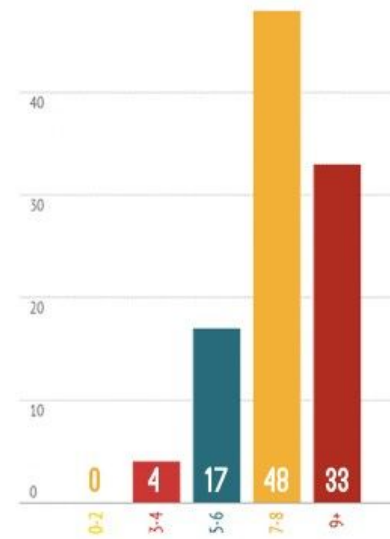
Sleep disorders are a huge problem in all age groups, especially teens. It is recommended that all teens get about 7-9 hours of sleep every night, but **only 15 percent of all teens reach that amount.**

STUDENT SLEEP STATISTICS

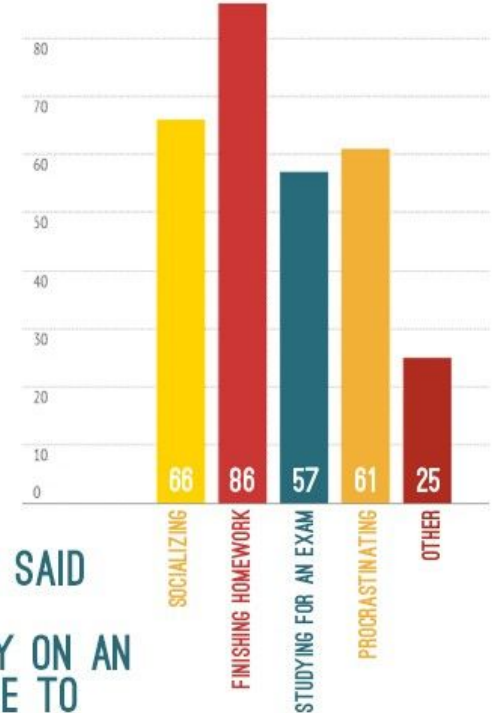
HOURS USUALLY SLEPT ON WEEKNIGHTS



HOURS USUALLY SLEPT ON WEEKENDS



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:

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

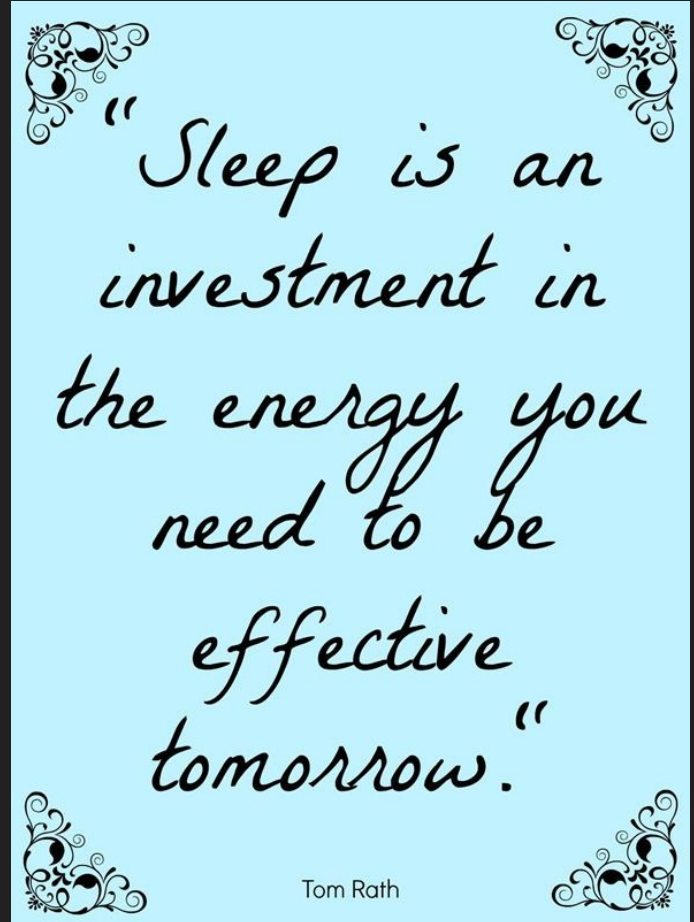
7 TV distractions

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.