



Intermediate Plus-Advanced Minus

MYTHS ABOUT SLEEP

Lesson Objectives

- Review and discuss word power pertaining to Myths about Sleep
- Learn about Myths related to sleep
- Learn about and discuss healthy and unhealthy sleep habits

Classroom Learning Activities

Activity 1

Name of Activity – Warm-up activities

Resources Needed for Activity

- Myth definition chart
- Agree or disagree activity chart

Procedure for Activity (**Select one or both of the following warm-up activities.**)

1. Define: What does “myth” mean? Can you use it in a sentence? Can you give examples?
 - The explanation that best defines a myth is an ancient story that has its basis in history. Usually myths are created around people who really existed, so as to create their image of national heroes or something like that.
 - The word “myth” is derived from the Greek word mythos, which simply means “story.”
2. Do you agree or disagree? Why?
 - I sleep about ten hours every day.
 - I catch up on sleep over the weekend.
 - I wish I were able to sleep more.
 - Some people only need four hours of sleep.
 - People who don’t get enough sleep may develop health problems.

Activity 2

Name of Activity—Vocabulary Review

Resources needed for Activity

- Vocabulary Chart with definitions
- Article “Myths About Sleep” (Make sufficient copies to hand out to individual or pairs of students. Collect at end of class to be reused in the next class.)
- Vocabulary fill in the Blank chart

Procedure

1. Read the article with the students, emphasize the vocabulary words as you read.
2. Define: Define each word, correctly pronounce it, explain the meaning and/or usage, and offer an example sentence to the class.

ADJUST	Change, to change (something) in a minor way to make it work better.
CONSUME	Use, to use something up, destroy something or eat something.
DEBUNK	Prove wrong, to debunk is to reveal an untruth or myth for what it is.
CONSIDER	Think about, to think carefully about, especially in order to make a decision.
SEVERE	Very serious, causing very great pain, difficulty, worry, damage, etc.
CONSISTENT	Regular, acting or done in the same way over time.
IRREGULAR	Not uniform, something that doesn't conform to accepted or normal standards or that doesn't occur at regular intervals.
DETERMINE	Decide, to set limits, make a decision or find out exactly.
SYMPTOM	Sign, a sign of the existence of something, especially of an undesirable situation.
LASTING	Long term, existing or continuing a long while.

ARTICLE (for teachers)

Myths about Sleep

Nearly seventy countries around the world follow daylight saving time, or when clocks get **adjusted** in the spring and fall. Because of longer daytime hours in the summer, clocks get moved forward one hour in the spring.

Because of shorter daytime hours in the winter, the opposite happens. There are environmental and economic benefits, such as less energy **consumption** and improved sales for shops.

But did you know that there are health benefits? New research shows that an extra hour of sleep just after the time change in the fall decreased the chances of a heart attack. Unfortunately, in the spring, the number of heart attacks increased due to the loss of sleep. In fact, many other separate studies have **debunked** myths about sleep.

For example, seven to eight hours of sleep per night is now **considered** best. Some people may function on less sleep, but at a **severe** price. Too little sleep can greatly harm your judgment, work performance, the health of your heart, and your immune system. In addition, if you drive with only six hours of sleep or less, it's almost the same as driving drunk. You will have worse reaction times and more accidents. If you usually sleep too little during the week but then sleep a lot on the weekend, this pattern also causes harm. The body needs **consistency**, and irregular sleep patterns can cause stress.

On the other hand, too much sleep can cause just as much damage. Scientists haven't **determined** if too much sleep is the cause or the **symptom**.

So what message can you take away from this article? Don't just accept the time change this fall as a one or two hour bonus, but as an opportunity to make some **lasting** changes to your sleep habits.

2. Fill in the Blanks: Fill in the blank with the correct word.

irregular **severe** **consistency** **consumption** **considered**
adjusted **lasting** **debunked** **symptom** **determined**

1. Clocks in nearly seventy countries get (_____) in the spring and fall for daylight saving time.
2. There are environmental and economic benefits, such as less energy (_____).
3. Many other separate studies have (_____) myths about sleep.
4. Seven to eight hours of sleep per night is now (_____) best.
5. Some people may function on less sleep, but at a (_____) price.
6. The body needs (_____).
7. (_____) sleep patterns can cause stress.
8. Too much sleep can cause damage, but scientists haven't (_____) the reason.
9. Too much sleep may be the cause or the (_____).
10. Use daylight saving time as an opportunity to make some (_____) changes to your sleep habits.

Activity 3

Name of Activity—Conversation/Discussion

Resources needed for Activity

- Conversation Questions

Procedure

1. Prepare at least four groups of questions (four or five questions per group). Cut the questions into four strips.
2. Divide the students into pairs or groups depending on the number students in your class
3. Have the students talk about the following questions in pairs/groups. Remember to support your answers!.

GROUP 1

1. According to the article, what is daylight saving time?
2. Can you fall asleep anywhere?
3. Can you fall asleep with the TV on?
4. Do you agree that everyone needs seven or eight hours of sleep per day? Why/not?
5. Do you agree that it's unhealthy to catch up on sleep over the weekend? Why/not?
6. Some countries take time off in the afternoon to rest. Is this good or bad? Why do you think so?

GROUP 2

1. Do you agree that too much sleep is unhealthy? Why/not?
2. Do you always get enough sleep?
3. Do you drink coffee in the morning to help you wake up?
4. Do you ever have trouble falling asleep? If so, what methods do you use to help you sleep?
5. Do you ever oversleep?
6. Where is the strangest place you have ever slept?

GROUP 3

1. Do you ever sleep in? (sleep late in the morning)
2. Do you ever toss and turn during the night?
3. Do you ever sleepwalk?
4. Do you feel that you get enough sleep?
5. Do you feel well-rested when you wake up?
6. Do you talk in your sleep?

GROUP 4

1. Do you have a nap at lunchtime or at another time of the day? Does it help?
2. Do you like to read or watch TV in bed?
3. Do you like to take naps during the day?
4. Do you manage to sleep as much as you need? If not, why not?
5. Do you need an alarm clock to wake up?
6. Do you prefer to go to sleep late or wake up early?
7. Have you ever fallen asleep in a lesson or at work?

Activity 3

Name of Activity—Phrasal Verbs and Idioms

Resources needed for Activity

- Phrasal Verbs and Idioms definitions for the teacher
- Phrasal Verbs and Idioms definitions Chart

Procedure

1. Display the Idioms Chart

Phrasal Verbs

Stay up – “I stayed up all night last night watching movies!”

Wake up – “I wake up at about 7am every morning.”

Nod off – “The lecture was so boring that I nodded off after the first 10 minutes!”

Idioms and Expressions

sleep like a log--Meaning: to sleep very deeply without waking up for a long time

Example: I was so tired after running five miles yesterday that I slept like a log.

sleep on it--Meaning: to take a night to make a decision

Example: I'm really not sure whether to buy your car or not. Do you mind if I sleep on it and let you know tomorrow?

a sleeping giant--Meaning: something very powerful that is currently inactive

Example: Indonesia has vast natural resources and has often been considered a sleeping giant by experts on South-East Asia.

sleep it off--sleep until you feel normal

“That medicine made me drowsy.” “Go to bed and sleep it off.”

not sleep a wink--Meaning: to not sleep at all

Example: The neighbours had a really loud party last night and I didn't sleep a wink.

lose sleep over (something)--Meaning: to be worried about something

Example: We need to finish this project by Saturday but try not to lose sleep over it, we have plenty of time to work on it over the next two days.

fast/sound asleep--Meaning: to be fully asleep and not easy to wake up

Example: My daughter is fast asleep by 1pm every afternoon.

sleep in--Meaning: to stay asleep until later in the day than you normally would

Example: I like to sleep in on Saturdays. I don't have to go to work so I can sleep in until 9am.

sleepy head--a child who is tired or sleepy

Go to bed, sleepy head. I'll see you in the morning.

sleepless night – to be awake for most of the night trying to sleep.

Wide awake – when you are in bed but your mind is alert and you do not feel tired.

Phrasal Verbs

Stay up
Wake up
Nod off

Idioms and Expressions

sleep like a log	fast/sound asleep
sleep on it	sleep in
a sleeping giant	sleepy head
sleep it off	sleepless night
not sleep a wink	wide awake
lose sleep over	

Activity 4 (Optional) May be used for Intermediate level Class.

Name of Activity—Lets Talk “Sleep” Game Board

Resources needed for Activity

- Lets Talk Game board. Print about four copies of the game board, paste or staple to card stock.
- One die per pair or group
- Hand-out to student pairs or groups

Procedure—Follow instructions on the game board

STUDENT HANDOUT

Myths about Sleep

Nearly seventy countries around the world follow daylight saving time, or when clocks get **adjusted** in the spring and fall. Because of longer daytime hours in the summer, clocks get moved forward one hour in the spring. Because of shorter daytime hours in the winter, the opposite happens. There are environmental and economic benefits, such as less energy **consumption** and improved sales for shops.

But did you know that there are health benefits? New research shows that an extra hour of sleep just after the time change in the fall decreased the chances of a heart attack. Unfortunately, in the spring, the number of heart attacks increased due to the loss of sleep. In fact, many other separate studies have **debunked** myths about sleep.

For example, seven to eight hours of sleep per night is now **considered** best. Some people may function on less sleep, but at a **severe** price. Too little sleep can greatly harm your judgment, work performance, the health of your heart, and your immune system. In addition, if you drive with only six hours of sleep or less, it's almost the same as driving drunk. You will have worse reaction times and more accidents. If you usually sleep too little during the week but then sleep a lot on the weekend, this pattern also causes harm. The body needs **consistency**, and **irregular** sleep patterns can cause stress.

On the other hand, too much sleep can cause just as much damage. Scientists haven't **determined** if too much sleep is the cause or the **symptom**.

So what message can you take away from this article? Don't just accept the time change this fall as a one or two hour bonus, but as an opportunity to make some **lasting** changes to your sleep habits.

ADJUST	to change something in a minor way to make it work better.
CONSUME	use something up, destroy something or eat something.
DEBUNK	to debunk is to reveal an untruth or myth for what it is
CONSIDER	to think carefully about in order to make a decision
SEVERE	causing very serious or great pain, difficulty, worry, damage
CONSISTENT	regular acting or done in the same way over time
IRREGULAR	something that doesn't conform to accepted or normal standards or that doesn't occur at regular intervals
DETERMINE	to set limits, make a decision or find out exactly
SYMPTOM	a sign of the existence of something, especially of an undesirable situation
LASTING	existing or continuing a long while

irregular

severe consistency consumption considered

adjusted

lasting debunked symptom determined

1. Clocks in nearly seventy countries get (_____) in the spring and fall for daylight saving time.
2. There are environmental and economic benefits, such as less energy (_____).
3. Many other separate studies have (_____) myths about sleep.
4. Seven to eight hours of sleep per night is now (_____) best.
5. Some people may function on less sleep, but at a (_____) price.
6. The body needs (_____).
7. (_____) sleep patterns can cause stress.
8. Too much sleep can cause, but scientists haven't (_____) the reason.
9. Too much sleep may be the cause or the (_____).
10. Use daylight saving time as an opportunity to make some (_____) changes to your sleep habits.

Phrasal Verbs

Stay up

Wake up

Nod off

Idioms and Expressions

sleep like a log

sleep on it

a sleeping giant

sleep it off

not sleep a wink

lose sleep over

fast/sound asleep

sleep in

sleepy head

sleepless night

wide awake

- How many hours of sleep do you generally need per night?
 - What time do you usually go to bed?
 - What time do you usually wake up?
 - Do you manage to sleep as much as you need? If not, why not?
 - Have you ever suffered from insomnia?
 - Do you suffer from insomnia? Are you a light sleeper or a heavy sleeper?
 - What keeps you awake at night? (e.g. worrying too much about stuff, too much coffee, your partner's snoring, your neighbors' parties, an uncomfortable bed, a hot summer)
 - Do you use, or have you ever used, any special methods that help you get to sleep?
 - A strong nightcap?
 - Sleeping pills?
 - Herbal remedies?
 - Counting sheep?
 - Meditation?
 - Do you snore?
 - Do you talk in your sleep?
 - Do you ever oversleep?
 - Do you need an alarm clock to wake up?
 - Do you ever sleep in? (sleep late in the morning)
 - Do you fall asleep while watching the TV or reading?
 - Do you have a nap at lunchtime or at another time of the day? Does it help?
 - What do you wear in bed? (I hope this question's not too personal!)
 - Do you have a duvet, or do you prefer sheets and a blanket? How big is your bed?
 - Do you remember your dreams?
 - Do you have a recurring dream?
 - Tell us about a memorable, enjoyable, or strange dream you've had?
 - Do you suffer from nightmares? Can you remember any specific nightmare?
 - Do you believe that it's possible to interpret dreams? Have you ever tried to interpret your own dreams?
 - Have you ever walked in your sleep? Do you know anyone who does?
-
- How important is sleep in your native culture?
 - Are dreams significant in your native culture?
 - What is a dream?
 - What is a daydream?

- How many hours of sleep per night is recommended for infants? For small children? For adolescents? For adults? For the elderly?
- What are some of the health effects of poor sleep?
- What is insomnia?
- What causes insomnia?
- What happens when a person sleepwalks?
- What is a recurring dream?
- Do animals dream?

Questions About Sleeping Habits

- How many hours of sleep do you get each night?
- Do you feel that you get enough sleep?
- Do you feel well-rested when you wake up?
- Do you use an alarm clock to wake you up? If so, do you ever use the snooze button?
- Do you drink coffee in the morning to help you wake up?
- Have you ever overslept for something important? If so, what happened?
- Do you like to take naps during the day?
- Can you fall asleep anywhere?
- Can you fall asleep with the TV on?
- Do you like to sleep in total darkness or with a night light?
- Would you rather be a little warm or a little cold when sleeping?
- Do you snore?
- Have you ever sleepwalked?
- Do you talk in your sleep?
- Do you ever have trouble falling asleep? If so, what methods do you use to help you sleep?
- What time do you usually go to bed?
- What time do you usually wake up?
- Do you ever daydream? What about

Conversation Questions

- Do you always get enough sleep?
- How many hours per night do you usually sleep?
- How do you feel if you don't get your regular amount of sleep?
- Why do you think some people need more sleep than others?
- Why do you think babies need much more sleep than adults?
- Do you think sleep is a waste of time?
- Why do you think your body needs sleep?
- Have you ever had problems sleeping?

- Do you ever have trouble making your mind quiet when you are trying to sleep?
- Do you ever toss and turn during the night?
- Have you ever lost sleep over something?
- Have you ever experienced insomnia?
- What do you think causes insomnia?
- What do you do if you cannot get to sleep?
- Do you move a lot in your sleep?
- Are you a heavy or light sleeper?
- Can you sleep anywhere?
- Can you sleep on airplanes, trains and buses?
- Where is the strangest place you have ever slept?
- Have you ever fallen asleep in a lesson or at work?
- Have you ever slept outside for an entire night?
- Is it possible to sleep too much?
- What do you do to prepare yourself for sleep?
- Do you snore in your sleep?
- Do you ever talk in your sleep or sleepwalk?
- Have you ever known anyone who walked in their sleep?
- Do you prefer to go to sleep late or wake up early?
- Do you like to read or watch TV in bed?
- Does this help you to sleep or keep you awake?
- When do you usually go to bed? When do you usually get up? Is it the same at weekends?
- What's the longest you've gone without sleep? How did you feel?
- A siesta is popular in some countries. Do you take one?
- Do you ever take naps during the day?

1. to sleep like a log

Meaning: to sleep very deeply without waking up for a long time

Example: *I was so tired after running five miles yesterday that I slept like a log.*

2. to sleep on it

Meaning: to take a night to make a decision

Example: *I'm really not sure whether to buy your car or not. Do you mind if I sleep on it and let you know tomorrow?*

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Meaning: something very powerful that is currently inactive

Example: *Indonesia has vast natural resources and has often been considered a sleeping giant by experts on South-East Asia.*

4. not sleep a wink

Meaning: to not sleep at all

Example: *The neighbours had a really loud party last night and I didn't sleep a wink.*

5. to lose sleep over (something)

Meaning: to be worried about something

Example: *We need to finish this project by Saturday but try not to lose sleep over it, we have plenty of time to work on it over the next two days.*

6. fast / sound asleep

Meaning: to be fully asleep and not easy to wake up

Example: *My daughter is fast asleep by 1pm every afternoon.*

7. sleep in

Meaning: to stay asleep until later in the day than you normally would

Example: *I like to sleep in on Saturdays. I don't have to go to work so I can sleep in until 9am.*

sleep it off	sleep until you are sober, sleep until you feel normal	"That medicine made me drowsy." "Go to bed and sleep it off."
sleep like a log	sleep well, sleep soundly, dead to the world , deep sleep	After working in the fields and eating a big meal, I sleep like a log!
sleeper	ordinary device with surprising skill or power	The Taurus SHO was a sleeper. It looked slow, but it was fast!
sleepy head	a child who is tired or sleepy	Go to bed, sleepy head. I'll see you in the morning.

Phrasal Verbs

- **Stay up** – "I stayed up all night last night watching movies!"
- **Wake up** – "I wake up at about 7am every morning."
- **Nod off** – "The lecture was so boring that I nodded off after the first 10 minutes!"

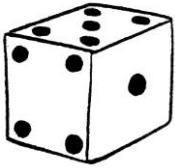
Idioms and Expressions

- **A sleepless night** – to be awake for most of the night trying to sleep.
- **To lose sleep over something** – when you cannot sleep because something is on your mind.
- **To be a heavy/light sleeper** – if you are a heavy sleeper you are not easily woken, even by loud noises. A light sleeper will wake up even with small noises or distractions.
- **Fast asleep** – when someone is in a very deep sleep.
- **Wide awake** – when you are in bed but your mind is alert and you do not feel tired.
- **To sleep like a log** – to sleep very deeply.
- **To toss and turn** – when you cannot sleep and you constantly change positions because you are not comfortable.

Let's Talk

SLEEP & DREAMS

- Find your question by rolling your die twice. The 1st roll determines the number on the top. The 2nd roll determines the number on the left. **Talk for one / two minute(s) about that topic.** Your classmates will ask you follow-up questions. Your classmates can ask you anything if you land on "Ask Any Question".



1

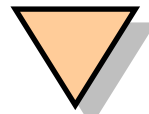
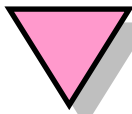
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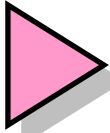
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6



1



Ask any question!

Do you enjoy sleeping? Why? / Why not?

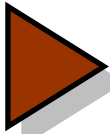
Describe a dream that you had.

Why do you think people dream?

Describe your sleeping habits.

Is it a good idea to eat just before bed?

2



A hard bed or a soft bed: which is better? Why?

What do you do when you have insomnia?

How will beds be different 1000 years from now?

Ask any question!

Describe your bedroom.

At what time should young kids go to sleep?

3



Is it a good idea to take naps?

Would you like to hibernate like a bear?

Do you sleep-in on weekends?

What did people do before there were alarm clocks?

How were beds different 1000 years ago?

Ask any question!

4



Why do people sometimes have nightmares?

Ask any question!

How can caffeine affect your sleep?

Noisy neighbors at night: what would you do?

Why do some people talk in their sleep?

Can dreams tell you about the future?

5



Why do some people oversleep?

What should you do if you feel sleepy in class?

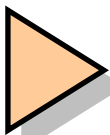
4 hours of sleep or 12 hours: which is worse?

Why is yawning sometimes impolite?

Ask any question!

Why do some people snore?

6



Are you a 'morning person'? Why? / Why not?

A teacher falls asleep in class: what would you do?

Ask any question!

Do you get enough sleep?

Are you a 'night owl'?

Are you a light sleeper?

1. "Laugh and the world laughs with you, snore and you sleep alone." – Anthony Burgess
2. "If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late." – Henny Youngman
3. "Sleep is the best meditation." – Dalai Lama
4. "It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it." – John Steinbeck
5. "Sleep is that golden chain that ties health and our bodies together." – Thomas Dekker
6. "A well-spent day brings happy sleep." – Leonardo da Vinci
7. "I love sleep. My life has the tendency to fall apart when I'm awake, you know?" – Ernest Hemingway

8. "Marriage is an alliance entered into by a man who can't sleep with the window shut, and a woman who can't sleep with the window open." – George Bernard Shaw
9. "The amount of sleep required by the average person is five minutes more." – Wilson Mizener
10. "The bed is a bundle of paradoxes: we go to it with reluctance, yet we quit it with regret; we make up our minds every night to leave it early, but we make up our bodies every morning to keep it late." – Charles Caleb Colton
11. "There is no hope for a civilization which starts each day to the sound of an alarm clock." – Unknown
12. "There is more refreshment and stimulation in a nap, even of the briefest, than in all the alcohol ever distilled." – Edward Lucas
13. "Insomnia is a gross feeder. It will nourish itself on any kind of thinking, including thinking about not thinking." – Clifton Fadiman
14. "The feeling of sleepiness when you are not in bed, and can't get there, is the meanest feeling in the world." – Edgar Watson Howe
15. "Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn." – Mahatma Gandhi
16. "Never waste any time you can spend sleeping." – Frank H. Knight
17. "When every inch of the world is known, sleep may be the only wilderness that we have left." – Louise Erdrich
18. "Tired minds don't plan well. Sleep first, plan later." – Walter Reisch
19. "A ruffled mind makes a restless pillow." – Charlotte Bronte
20. "Sleep soothes and arrests the fever-pulse of the soul." – Eliza Cook