

THE READING

From <https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

If you can't sleep, it could be the full moon. Scientists say the Moon could change sleeping patterns. On nights before a full moon, people have problems sleeping. This could be because of the Moon's brightness. The scientists say moonlight is "so bright" it could change our sleep patterns at night.

The scientists studied the sleep of over 500 people. They looked at 98 people from a village that had no electricity and 464 people living in a U.S. city. The people in the village and in the big city got less sleep on nights before the full moon. The light in cities did not change sleeping patterns. The Moon changed sleeping patterns.

Sources: <https://www.thesun.co.uk/tech/13875791/how-the-moon-affects-sleep/>
<https://www.futurity.org/moon-sleep-lunar-cycle-2509072/>
<https://www.ladbible.com/news/news-scientists-claim-you-may-be-struggling-to-sleep-because-of-the-moon-20210128>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

PARAGRAPH ONE:

- | | |
|------------------------------|----------------------|
| 1. If you | a. patterns |
| 2. it could | b. bright |
| 3. change sleeping | c. a full moon |
| 4. On nights before | d. at night |
| 5. people have | e. can't sleep |
| 6. because of the Moon's | f. problems sleeping |
| 7. moonlight is so | g. brightness |
| 8. change our sleep patterns | h. be the full moon |

PARAGRAPH TWO:

- | | |
|----------------------------|----------------------|
| 1. over 500 | a. city |
| 2. a village that had no | b. not change |
| 3. The people in | c. electricity |
| 4. in the big | d. sleeping patterns |
| 5. got less | e. people |
| 6. on nights before | f. sleep |
| 7. The light in cities did | g. the full moon |
| 8. The Moon changed | h. the village |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2102/210201-full-moon-0.html>

If you can't sleep, (1) _____ the full moon.

Scientists say the Moon (2) _____ patterns. On

nights (3) _____ moon, people have problems

sleeping. This (4) _____ of the Moon's brightness.

The scientists say moonlight (5) _____ it could

change our sleep (6) _____.

The scientists (7) _____ of over 500 people.

They (8) _____ people from a village that

(9) _____ and 464 people living in a U.S. city.

The people in the village and in the (10) _____

less sleep on nights before (11) _____. The light

in cities did not change sleeping patterns. The Moon

(12) _____.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

A full moon could give you a bad night's sleep – 1st February, 2021
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____