

THE ARTICLE

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

If you have trouble sleeping at certain times of the month, it could be because of a full moon. Scientists from the University of Washington say there is a link between the lunar cycle and sleeping patterns. They say that on nights when there is a full moon, people could experience more restless sleep. The reason for this could be the Moon's changing brightness. When there is a full moon, the extra brightness in the night sky could interrupt our sleep. The scientists said: "Moonlight is so bright to the human eye that it is entirely reasonable to imagine that, in the absence of other sources of light, this source of nocturnal light could have had a role in [changing] human nocturnal activity and sleep."

The scientists conducted a study of the sleep patterns of over 500 people. Each person wore a special wristband that tracked their sleep. The study included 98 people from an isolated village in rural Argentina. These people did not have access to electricity and other artificial light sources. Their sleep patterns were compared to 464 people living in U.S. city of Seattle, which has lots of artificial light pollution. The scientists discovered that people in the rural village and in the big city got less sleep on the nights leading up to the full moon. The scientists said the artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised with lunar phases."

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>

WARM-UPS

1. SLEEP: Students walk around the class and talk to other students about sleep. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

trouble / times / full moon / sleeping / patterns / experience / night sky / human eye / scientists / wristband / village / rural / artificial / big city / synchronised / lunar phases

Have a chat about the topics you liked. Change topics and partners frequently.

3. LIGHT POLLUTION: Students A **strongly** believe governments should make laws to cut down on light pollution; Students B **strongly** believe that's unnecessary. Change partners again and talk about your conversations.

4. SLEEP QUALITY: How can these things affect your sleep quality? What can we do about them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Sleep Quality	Solutions
Moonlight		
Noisy neighbours		
The cold		
Stress		
Bad Dreams		
Caffeine		

5. MONTH: Spend one minute writing down all of the different words you associate with the word "month". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. SLEEPING: Rank these with your partner. Put the best things to help you sleep at the top. Change partners often and share your rankings.

- A dark room
- Quiet
- Hot milk
- A soft pillow
- Music
- A good book
- Music
- Exercise

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|--|
| 1. certain | a. Unable to sleep or relax because of stress, boredom or other thing. |
| 2. link | b. Anything about the night. |
| 3. pattern | c. Specific but not explicitly (clearly) named or stated. |
| 4. restless | d. Something that happens at the same or similar times. |
| 5. interrupt | e. A relationship between two things or situations. |
| 6. entirely | f. Stop the continuous progress of an activity or process. |
| 7. nocturnal | g. Completely. |

Paragraph 2

- | | |
|------------------|--|
| 8. conducted | h. Followed the course of someone or something, usually to find them or note their location or activity. |
| 9. tracked | i. Far away from other places, buildings, or people; remote. |
| 10. isolated | j. Caused to happen or work at the same time or speed. |
| 11. rural | k. Carried out; done. |
| 12. artificial | l. A period or stage in a series of events or a process of change or development. |
| 13. synchronised | m. Made or produced by human beings rather than naturally, especially as a copy of something natural. |
| 14. phases | n. In, relating to, or characteristic of the countryside rather than the town. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Scientists say there is no link between sleep and lunar cycles. **T / F**
- b. Scientists say people may have restless sleep when there is a full moon. **T / F**
- c. The extra brightness of the Moon could interrupt our sleep. **T / F**
- d. Moonlight is a source of nocturnal light. **T / F**
- e. Scientists looked at the sleep pattern of over 5,000 people. **T / F**
- f. Some of the people in the study lived in a rural Argentinian village. **T / F**
- g. People in a rural village got more sleep on nights before a full moon. **T / F**
- h. Scientists say human sleep is synchronised with lunar phases. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. trouble | a. synthetic |
| 2. link | b. part |
| 3. restless | c. carried out |
| 4. extra | d. connection |
| 5. role | e. stages |
| 6. conducted | f. difficulty |
| 7. tracked | g. found |
| 8. artificial | h. additional |
| 9. discovered | i. troubled |
| 10. phases | j. monitored |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|--------------------------|
| 1. If you have trouble sleeping at certain | a. up to the full moon |
| 2. a link between the lunar cycle | b. in the night sky |
| 3. people could experience more | c. of light |
| 4. the extra brightness | d. and sleeping patterns |
| 5. other sources | e. special wristband |
| 6. The scientists conducted a | f. rural Argentina |
| 7. Each person wore a | g. times of the month |
| 8. an isolated village in | h. pollution |
| 9. lots of artificial light | i. restless sleep |
| 10. less sleep on the nights leading | j. study |

COMPREHENSION QUESTIONS

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

1. What university are the scientists from who conducted the study?
2. What did scientists say was linked to sleeping patterns?
3. What kind of sleep did the scientists say people could experience?
4. What additional thing does the Moon have when it is full?
5. What adjective did scientists use to describe light at night?
6. How many people took part in the study?
7. Where did 98 people in the study live?
8. Where did 464 people in the study live?
9. What did scientists say does not seem to affect sleeping patterns?
10. What did scientists say is synchronised with lunar phases?

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sleep' and 'moon'.

sleep	moon

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• trouble• link• reason• extra• eye• role	<ul style="list-style-type: none">• over• 98• compared• rural• cities• phases
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SLEEP DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. What are your sleeping patterns like?
4. What do you do if you have trouble sleeping?
5. How interested are you in the Moon?
6. What effect does the Moon have on us?
7. How much do you like sleep?
8. What conditions do you need to sleep well?
9. What are you like if you have a bad night's sleep?
10. Can you sleep any time and anywhere?

A full moon could give you a bad night's sleep – 1st February, 2021
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SLEEP DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'moon'?
13. What do you think about what you read?
14. What are your sleep patterns like?
15. Have you ever slept in a strange place?
16. How do lights affect your sleep?
17. What do you think of light pollution?
18. What do you think of when you look at the Moon?
19. Do you prefer a quarter, half or full moon?
20. What questions would you like to ask the researchers?