

Frs. (11)

< 개별과제 >

1- 이혜민	진영주	황세린
주언지	홍민표	

Frs. (12)

2- 안재영	유재민
유연빈	임태연

BreakingNewsEnglish - The Mini Lesson

Writing a to-do list may help you sleep faster

16th January, 2018

- 2. Patch Holes & Cracks
 - 3. Clean the Shit Out of It
 - 4. Tape & Paint Walls
 - 5. Build Desk
 - 6. Tape & Paint Trim, Ceiling
 - 7. Paint Furniture
- creative commons
via theypaul studios on flickr.com

Scientists have an idea that could help us get to sleep faster. All you need is a pen and paper. The scientists are from Baylor University in Texas, USA. They did research into how we can fall asleep more quickly. They

found that writing a to-do list helps people get to sleep faster. Doctor Michael K. Scullin was the lead researcher of the study. He said to-do lists make us relax because we don't need to worry about the things we have to do. He said that if we write down the things we need to do, we can forget about them, so we become calmer. He added: "We live in a 24/7 culture in which our to-do lists seem to be constantly growing and causing us to worry about unfinished tasks at bedtime."

The researchers looked at the sleeping patterns of 57 male and female university students aged between 18 and 30. Half of them had to write down a to-do list five minutes before they slept. They had to turn the lights out by 10:30pm and could not have access to technology. The researchers found that the participants who wrote to-do lists fell asleep an average of 9 minutes faster than those who didn't. They also found that the students who wrote really detailed lists fell asleep faster than students who wrote simple, general lists. The USA's National Sleep Foundation said that around 40 per cent of American adults have difficulty falling asleep at least a few times each month.

Sources: aol.com / psychcentral.com / livescience.com

Writing

It is better to write to-do lists on paper, rather than on smartphones. Discuss.

Chat

Talk about these words from the article.

scientists / sleep / pen / paper / writing / a to-do list / researcher / study / culture / sleeping patterns / university / five minutes / technology / average / 9 minutes / few

True / False

- a) Scientists say a pen and paper could help you sleep more quickly. T / F
- b) The scientists say writing a to-do list can help you relax. T / F
- c) The researchers say we will soon be living in a 24/7 culture. T / F
- d) The researchers say we worry in bed about things we haven't done. T / F
- e) There were 570 participants in the sleeping research. T / F
- f) Half of the participants could use their mobile phone in bed. T / F
- g) People who wrote a to-do list fell asleep around 9 minutes quicker. T / F
- h) Over half of Americans have problems sleeping a few times a month. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. idea | a. use of |
| 2. found | b. get stressed |
| 3. relax | c. easy |
| 4. worry | d. theory |
| 5. constantly | e. complete |
| 6. half | f. problems |
| 7. access of | g. discovered |
| 8. detailed | h. always |
| 9. simple | i. 50 per cent |
| 10. difficulty | j. unwind |

Discussion – Student A

- a) What do you think about what you read?
- b) What things are currently on your to-do list?
- c) What is your sleeping pattern like?
- d) What kinds of things keep you awake at night?
- e) Would your life be different if you fell asleep 9 minutes earlier?
- f) What things are on your bucket list?
- g) What things are usually on your shopping list?
- h) What questions would you like to ask the researchers?

Writing a to-do list may help you sleep faster(January 16, 2018)

1.Where do these scientists come from?

2.Who was the head researcher of the study?

What did he say about to-do lists?

3.Who did the researchers study?

What did they have to do?

What did the researchers find?

4.What advice would you give somebody with insomnia?(3 things)

a.

b.

c.

5.What's on your to-do list for tomorrow?