

Mothers get less sleep than fathers

MULTIPLE CHOICE - QUIZ

- To whom did the article say this news might not be a surprise?
a) doctors b) children c) mothers d) fathers
- How many men's data did the researchers look at?
a) nearly 3,000 b) over 3,000
c) about 3,000 d) exactly 3,000
- What did researchers want to get to the bottom of?
a) what affects adults' sleep b) the deep blue sea
c) questions d) education funding
- What levels did a lack of sleep affect in mothers?
a) sugar levels b) energy levels
c) power levels d) blood levels
- What was fathers' sleep largely unaffected by?
a) a study b) mothers
c) sugar levels d) children in the house
- What was the biggest cause of mothers not sleeping?
a) fathers b) children c) a study d) deprived
- By how much did a child increase the risk of sleeplessness in mothers?
a) 46% b) 62% c) 48% d) 45%
- What percentage of mothers under 45 got an average of 7 hours' sleep?
a) 46% b) 45% c) 48% d) 62%
- How many diseases were named as being at risk from sleeplessness?
a) 3 b) 2 c) 5 d) 4
- What did a doctor say we needed to work towards?
a) better health b) sleep c) rest d) learning



2 SYNONYM MATCH: Match the following synonyms. The words in bold are from the news article.

- | | |
|-------------------------|-----------------|
| 1. surprise | a. immune to |
| 2. confirms | b. find out why |
| 3. get to the bottom of | c. unfavourable |
| 4. adverse | d. holding back |
| 5. unaffected by | e. verifies |
| 6. reveals | f. inadequate |
| 7. insufficient | g. possibility |
| 8. compared | h. shows |
| 9. risk | i. revelation |
| 10. keeping | j. contrasted |

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

- | | |
|---|-------------------------------|
| 1. This news might not come as a great | a. were the biggest cause |
| 2. get to the bottom of | b. unaffected by having kids |
| 3. sleep | c. they need |
| 4. this had an adverse effect | d. insufficient sleep |
| 5. fathers' sleep remained largely | e. what affects adults' sleep |
| 6. The study reveals that children | f. surprise to mothers |
| 7. a woman's risk of getting | g. disease |
| 8. negatively impacts physical and mental | h. deprivation |
| 9. cardiovascular | i. on mothers' energy levels |
| 10. getting the rest | j. well-being |

GAP FILL

This news might not come as a great (1) _____ to mothers, but a new study confirms that moms (and mums) get less sleep than fathers. Researchers at Georgia Southern University in the USA analyzed data on the sleeping (2) _____ and patterns of nearly 3,000 women and 3,000 men. They wanted to get to the (3) _____ of what affects adults' sleep. The researchers discovered that having children in the house leads to sleep (4) _____ in many mothers. Motherhood (5) _____ reduced the number of hours a mother slept each night. Unsurprisingly, this had an adverse (6) _____ on mothers' energy (7) _____ and tiredness during the day. The study found that fathers' sleep remained largely (8) _____ by having kids in the house.

deprivation
effect
surprise
unaffected
bottom
levels
significantly
habits

The study reveals that children were the biggest (9) _____ of mothers being sleep deprived. Dr Kelly Sullivan, co-author of the report, said each child increased a woman's (10) _____ of getting insufficient sleep by 46 per cent. In (11) _____, 48 per cent of mothers under 45 reported getting an (12) _____ of seven hours of sleep a night, (13) _____ with 62 per cent of women of the same age who did not have children at home. Dr Sullivan said a (14) _____ of sleep negatively impacts physical and mental well-being. It increases the risk of diabetes, (15) _____, cardiovascular disease, and depression. She added: "It's important to learn what is keeping people from getting the (16) _____ they need so we can help them work towards better health."

risk
lack
average
rest
cause
obesity
addition
compared

COMPREHENSION QUESTIONS

- To whom did the article say this news might not be a surprise?
- How many men's data did the researchers look at?
- What did researchers want to get to the bottom of?
- What levels did a lack of sleep affect in mothers?
- What was fathers' sleep largely unaffected by?
- What was the biggest cause of mothers not sleeping?
- By how much did a child increase the risk of sleeplessness in mothers?
- What percentage of mothers under 45 got an average of 7 hours' sleep?
- How many diseases were named as being at risk from sleeplessness?
- What did a doctor say we needed to work towards?

ROLEPLAY

Role A - Hot Milk
You think hot milk is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the most useless of these (and why): reading, sleeping pills or counting sheep.

Role B - Reading
You think reading is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the most useless of these (and why): hot milk, sleeping pills or counting sheep.

Role C - Sleeping Pills
You think sleeping pills is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the most useless of these (and why): reading, hot milk or counting sheep.

Role D - Counting Sheep
You think counting sheep is the best way to get to sleep. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the most useless of these (and why): reading, sleeping pills or hot milk.

Find the answers in next MONDAY issue

ANSWER KEY TO THE LAST EIS PAGE ACTIVITIES (DATED APRIL 10, 2017)

TRUE / FALSE (p.4)
a T b T c F d T e F f F g F h T

SYNONYM MATCH (p.4)

1. creatures	a. animals
2. notion	b. belief
3. certain	c. specific
4. felines	d. cats
5. remained	e. stayed
6. variety	f. assortment
7. emotions	g. feelings
8. speculation	h. conjecture
9. viewed	i. seen
10. establish	j. start

COMPREHENSION QUESTIONS (p.8)

- The notion that dogs are more intelligent than cats.
- Kyoto 3. Two 4. 15 minutes 5. Episodic memory 6. Facial expressions 7. Past events 8. A type of consciousness 9. Pet owners 10. Cat-human relationships

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES
Please check for yourself by looking at the Article on page 2. (It's good for your English ;-)

WARM-UPS

- SLEEP:** Students walk around the class and talk to other students about sleep. Change partners often and share your findings.
- 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?
news / surprise / study / habits / patterns / sleep deprivation / adverse / energy levels risk / insufficient / average / seven hours / same age / physical / well-being / rest

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

- SHARED:** Students A strongly believe mothers and fathers should split parenting duties 50-50; Students B strongly believe they shouldn't. Change partners again and talk about your conversations.

- SLEEPLESSNESS:** What can be done to overcome these things that keep us awake? Complete this table and share what you wrote with your partner(s).

	Your experiences	qqqqqq
Worry		
Light		
Noisy neighbours		
Too hot / cold		
Noise pollution		
Scary noises		

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

- SLEEPING AIDS:** Rank these with your partner. Put the best things to get to sleep quickly at the top. Change partners often and share your rankings.

- | | |
|------------------|--------------------|
| • hot milk | • exercise |
| • counting sheep | • sleeping pills |
| • reading | • a big meal |
| • deep breathing | • no phone in room |

BEFORE READING



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

- The article says there is news that will be a big surprise to mothers. **T / F**
- Researchers looked at data on over 6,000 mothers. **T / F**
- Researchers found that motherhood energizes women during the day. **T / F**
- Men's sleep was not affected by children in the house. **T / F**
- Children are the biggest cause of mothers not sleeping. **T / F**
- A child increased the chance of a mother not sleeping by 46%. **T / F**
- Insufficient sleep can lead to overeating and being overweight. **T / F**
- A doctor said women should take lessons on how to sleep. **T / F**