Dear students,

I suppose you will find this topic interesting since you are probably the masters of your time – it’s your choice when to go to sleep and when to get up in the morning.

Please, scroll down to the next page of this document and complete the tasks.

I will epect your emails with answers by Saturday May 2.

Best regards to both night owls and early birds,

Věra Ryšavá

**Going to bed early is better for us**

Going to bed early is better for us 18th February, 2019 The phrase, "The early bird catches the worm" may be true. It means people who wake up early get more done than people who don't. Another saying is from former U.S. President Benjamin Franklin. He said: "Early to bed, early to rise makes a man healthy, wealthy, and wise." Scientists have found that people who go to bed before 11pm may do better in life than people who sleep around 2:30am. The researchers are from Birmingham's Centre for Human Brain Health in the U.K. Their research showed that people who slept and rose early (early birds) had an advantage over people who slept and woke up late (night owls). There were differences in the brain function of early birds and night owls. The scientists tested 38 people in their research. The people answered questionnaires about their sleeping pattern and when they felt tired during the day. They were then put into an early bird or night owl group based on their answers. All of the people had MRI scans on their brain and did different tests throughout the day. The early birds said they felt less sleepy and were able to do the tests quicker than the night owls. The researchers said there were big differences between the two groups. The researchers said: "Night owls during school have to get up earlier, then they go into work and they have to get up earlier, so they're constantly having to fight against their preferences and natural rhythms."

**Task 1: True / False**

a) The article suggests the early bird may not catch worms. T / F

b) A U.S. president said going to bed early could make you wealthier. T / F

c) People who sleep before 11pm could be more successful in life. T / F

d) The brain functions of night owls and early birds are different. T / F

e) Nearly 380 people took part in the research. T / F

f) The research participants had a scan on their brain. T / F

g) Researchers found small differences between night owls and early birds. T / F

h) Night owls don't have to fight against their natural rhythms. T / F

**Task 2: Match the synonyms:** (The words in bold are from the news article.)

a. always

b. got up

c. variations

d. for the whole of

e. achieved

f. replies

g. tempos

h. saying

i. surveys

j. ex

1. phrase

2. done

3. former

4. rose

5. differences

6. questionnaires

7. answers

8. throughout

9. constantly

10. rhythms

**Task 3: Answer the questions. Make sure your answers have 220 - 260 words in total.**

1. Are you an early bird or a night owl? How much do you need to sleep?
2. Why does the early bird catch the worm?
3. What are you like if you have not slept enough?
4. What time would you like school to start?
5. Should schools allow nap breaks throughout the day? (which would mean school would finish later)
6. What are your body's natural rhythms?
7. Would you like to take a pill that means you don't have to sleep?
8. What do you think of getting up early?
9. How might getting up early make someone healthier?
10. What helps you fall asleep easily and wake up easily?
11. What makes it harder for you to fall asleep?
12. What’s your favourite ´before bedtime´ activity?
13. What was the shortest you’ve ever slept? Why? How did you feel the following day?