

## Sleeplessness

**TOPIC :** sleeplessness, sleeping disorder, health, sleep deprivation, brain cells, sleep idioms

**LEVEL :** intermediate/ upper intermediate

**Time :** 45 minutes

**Objectives:**

- to learn or revise vocabulary connected with sleeping and lack of sleep
- to learn about the consequences of sleep deprivation
- to develop reading, speaking and listening comprehension skills
- to enable students use the Internet to gather specific information

**Language functions:**

- to exchange ideas about sleep deprivation
- to understand listening material and a written text
- to communicate in English

**CLIL:** Biology, IT Technology

**MATERIALS:** worksheets, websites

For this lesson, you will need:

- Computer with Internet access

STAGE	AIMS	PROCEDURE	MATERIALS/ RESOURCES	TIME
<b>WARM UP</b>	<ul style="list-style-type: none"> <li>-to get students interested in the topic</li> <li>-to encourage them to work in pairs</li> </ul>	<p><b>PAIR WORK</b></p> <p>Speaking work in pairs. They are given a handout (worksheet 1) with some questions on sleeping. They take turns and ask each other questions. They are encouraged to ask follow up questions to get more details.</p>	Worksheet 1	5 min
<b>MAIN PART OF THE LESSON</b>	<ul style="list-style-type: none"> <li>-to develop listening and reading skills</li> <li>-to learn about the dangers of sleep deprivation</li> </ul>	<p><b>LISTENING</b></p> <p>Sts are given worksheet 2 with a short listening exercise related to sleep deprivation titled <b>What If You Stopped Sleeping?</b> While watching they are asked to complete the gaps. After completing the task, sts are asked to share their answers with the rest of the class.</p>	<p>Worksheet 2</p> <p><a href="https://www.youtube.com/watch?v=nNhDkKAvxFk">https://www.youtube.com/watch?v=nNhDkKAvxFk</a></p>	5 min
	<ul style="list-style-type: none"> <li>-to develop reading comprehension skills</li> </ul>	<p><b>READING COMPREHENSION</b></p> <p>Sts are asked how many hours of sleep they get every night and how they feel when they don't get enough</p>	<a href="http://www.psychologytoday.com/blog/high-octane-">http://www.psychologytoday.com/blog/high-octane-</a>	15 min

## Sleeplessness

	<p>- to exchange ideas about sleep deprivation</p> <p>-to develop summarizing skills</p>	<p>sleep.</p> <p>They are asked to go to the following website: <a href="http://www.psychologytoday.com/blog/high-octane-women/201407/10-frightening-costs-sleep-loss">http://www.psychologytoday.com/blog/high-octane-women/201407/10-frightening-costs-sleep-loss</a> and read a text titled <b>10 Frightening Costs of Sleep Loss</b>. They are supposed to use online dictionaries to translate unknown vocabulary. After completing the task, they are supposed to summarize what they have read.</p>	women/201407/10-frightening-costs-sleep-loss	
	<p>- to practice idioms related to sleep</p> <p>- to communicate in English</p>	<p><b>VOCABULARY</b></p> <p>Sts are asked if they know any idioms related to sleep.</p> <p>They are given worksheet 3 with some vocabulary exercises on idioms related to sleep. They can work in pairs to complete the exercises. After finishing the task, they are asked to check the answers with the rest of the class.</p>	Worksheet 3	15 min
<b>WRAP - UP/ CLOSURE</b>	<p>-to practice some vocabulary which sts came across during the lesson</p> <p>-to communicate in English</p>	<p><b>GROUP WORK - speaking</b></p> <p>Students practice the new idioms discussing the questions (worksheet 4) in small groups.</p>	Worksheet 4	5 min

### SOURCES:

<http://www.psychologytoday.com/blog/high-octane-women/201407/10-frightening-costs-sleep-loss>

<http://www.esldiscussions.com/s/sleep.html>

<https://www.youtube.com/watch?v=nNhDkKAvxFk>

<http://www.englishgateway.com/ArticleVm.aspx?SectionID=d3fc99dbd2cd4694b2a31940f1308c55&ArticleID=3adc257d10bf4fb29601d91cc5dfde6e>