

# WORLD SLEEP DAY

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

## THE READING / TAPESCRIPT

Everybody loves World Sleep Day. This day was first held in 2008 by the World Association of Sleep Medicine (WASM). Its aim is to advance the health benefits of sleep worldwide. WASM wants to promote and encourage education and research into sleep, and the importance it has as a therapy in recovering from illnesses. Dr. William C. Dement, a WASM spokesperson, said World Sleep Day will “hopefully will be an event that is successful and will continue in the foreseeable future. Everyone needs to understand how important sleep is, and how sleep is so important for a healthy life”. WASM’s website says “sleepiness and sleeplessness is a global epidemic that threatens health and quality of life”. Its logo is “Sleep well, live fully awake.”

Sleep is a basic bodily and mental need. We all need to sleep, although the number of hours differs from person to person. Doctors do not know why sleep occurs, but they do all agree that it is essential for our survival. Without enough sleep, the body can die. For many of us, sleep is one of the biggest pleasures in life. Indeed, many people list sleeping as a hobby! Sleep refreshes and energizes us and restores our brain into top working order. Sleep is also quite complicated. One-third of adults have problems sleeping and suffer from insomnia. There are over 80 sleep-related disorders. Other people are lucky and have no problems at all getting off to sleep. Some people sleep as soon as their head hits the pillow. Do you sleep well?

## PHRASE MATCH

Match the following phrases from the article.

### Paragraph 1

- |                                |                        |
|--------------------------------|------------------------|
| 1. advance the health benefits | a. future              |
| 2. encourage education and     | b. live fully awake.”  |
| 3. continue in the foreseeable | c. of sleep worldwide  |
| 4. sleep is so important       | d. epidemic            |
| 5. sleeplessness is a global   | e. research into sleep |
| 6. Its logo is “Sleep well,    | f. for a healthy life  |

### Paragraph 2

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1. Sleep is a basic bodily      | a. the body can die           |
| 2. the number of hours differs  | b. their head hits the pillow |
| 3. Without enough sleep,        | c. from person to person      |
| 4. restores our brain into      | d. from insomnia              |
| 5. suffer                       | e. and mental need            |
| 6. Some people sleep as soon as | f. top working order          |

## LISTENING GAP FILL

Everybody loves World Sleep Day. This \_\_\_\_\_ in 2008 by the World Association of Sleep Medicine (WASM). Its aim is to advance \_\_\_\_\_ of sleep worldwide. WASM wants to promote and encourage education and research into sleep, and \_\_\_\_\_ has as a therapy in recovering from illnesses. Dr. William C. Dement, a WASM spokesperson, said World Sleep Day will “hopefully will \_\_\_\_\_ successful and will continue in the foreseeable future. Everyone needs to understand how important sleep is, and \_\_\_\_\_ important for a healthy life”. WASM’s website says “sleepiness and sleeplessness is a global epidemic that threatens health \_\_\_\_\_”. Its logo is “Sleep well, live fully awake.”

Sleep is \_\_\_\_\_ mental need. We all need to sleep, although the number of hours differs from person to person. Doctors do not know \_\_\_\_\_, but they do all agree that it is essential for our survival. Without enough sleep, the body can die. For many of us, sleep is one of the biggest \_\_\_\_\_. Indeed, many people list sleeping as a hobby! Sleep refreshes and energizes us and restores our brain into \_\_\_\_\_. Sleep is also quite complicated. One-third of adults have problems sleeping and \_\_\_\_\_. There are over 80 sleep-related disorders. Other people are lucky and have no problems at all getting off to sleep. Some people sleep as soon as their \_\_\_\_\_. Do you sleep well?

## WHILE READING / LISTENING GAP FILL

**Put the words into the gaps in the text.**

Everybody loves World Sleep Day. This day was first held in 2008 by the World Association of Sleep Medicine (WASM). Its \_\_\_\_\_ is to advance the health \_\_\_\_\_ of sleep worldwide. WASM wants to \_\_\_\_\_ and encourage education and research into sleep, and the importance it has as a \_\_\_\_\_ in recovering from illnesses. Dr. William C. Dement, a WASM spokesperson, said World Sleep Day will “hopefully will be an event that is successful and will continue in the foreseeable \_\_\_\_\_”. Everyone needs to understand how important sleep is, and how sleep is so important for a \_\_\_\_\_ life”. WASM’s website says “sleepiness and sleeplessness is a \_\_\_\_\_ epidemic that threatens health and quality of life”. Its logo is “Sleep well, live fully \_\_\_\_\_.”

*therapy*

*awake*

*aim*

*healthy*

*promote*

*future*

*benefits*

*global*

Sleep is a basic bodily and mental \_\_\_\_\_. We all need to sleep, although the number of hours \_\_\_\_\_ from person to person. Doctors do not know why sleep occurs, but they do all \_\_\_\_\_ that it is essential for our survival. Without enough sleep, the body can die. For many of us, sleep is one of the biggest \_\_\_\_\_ in life. Indeed, many people list sleeping as a hobby! Sleep refreshes and energizes us and restores our brain into top working \_\_\_\_\_. Sleep is also quite complicated. One-third of adults have problems sleeping and \_\_\_\_\_ from insomnia. There are over 80 sleep-related disorders. Other people are \_\_\_\_\_ and have no problems at all getting off to sleep. Some people sleep as soon as their head hits the \_\_\_\_\_. Do you sleep well?

*lucky*

*pleasures*

*differs*

*suffer*

*need*

*agree*

*pillow*

*order*

## CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

Everybody loves World Sleep Day. This day was first *hold / held* in 2008 by the World Association of Sleep Medicine (WASM). Its aim is to advance the health *beneficial / benefits* of sleep worldwide. WASM wants to promote and encourage education and research *into / onto* sleep, and the importance it has as a therapy *in / on* recovering from illnesses. Dr. William C. Dement, a WASM spokesperson, said World Sleep Day will “hopefully will be an *eventful / event* that is successful and will continue *at / in* the foreseeable future. Everyone needs to understand how important sleep is, and how sleep is so important for a *healthy / health* life”. WASM’s website says “sleepiness and sleeplessness is a global epidemic that threatens health and quality of life”. Its logo is “Sleep well, live fully *wake / awake*.”

Sleep is a basic bodily and *mental / mentally* need. We all need to sleep, although the number of hours *different / differs* from person to person. Doctors do not know why sleep occurs, but they do all *agreement / agree* that it is essential for our survival. Without enough sleep, the body can *die / dead*. For many of us, sleep is one of the biggest pleasures in life. Indeed, many people *list / lists* sleeping as a hobby! Sleep refreshes and energizes us and *restores / restore* our brain into top working order. Sleep is also quite complicated. One-third of adults have problems sleeping and suffer *for / from* insomnia. There are over 80 sleep-related disorders. Other people are lucky and have no problems *at / to* all getting off to sleep. Some people sleep as soon as their head hits the pillow. Do you sleep well?

## MULTIPLE CHOICE

Everybody loves World Sleep Day. This day was first (1) \_\_\_\_\_ in 2008 by the World Association of Sleep Medicine (WASM). Its aim is to advance the health benefits (2) \_\_\_\_\_ sleep worldwide. WASM wants to promote and encourage education and research into sleep, and the importance it has as a therapy in (3) \_\_\_\_\_ from illnesses. Dr. William C. Dement, a WASM spokesperson, said World Sleep Day will “hopefully will be an event that is successful and will continue (4) \_\_\_\_\_ the foreseeable future. Everyone needs to understand how important sleep is, and how sleep is so important for a (5) \_\_\_\_\_ life”. WASM’s website says “sleepiness and sleeplessness is a global epidemic that threatens health and quality of life”. Its logo is “Sleep well, live fully (6) \_\_\_\_\_.”

Sleep is a basic bodily and mental (7) \_\_\_\_\_. We all need to sleep, although the number of hours differs from person to person. Doctors do not know why sleep (8) \_\_\_\_\_, but they do all agree that it is essential for our survival. Without enough sleep, the body can (9) \_\_\_\_\_. For many of us, sleep is one of the biggest pleasures in life. Indeed, many people list sleeping as a hobby! Sleep refreshes and energizes us and restores our brain into top working (10) \_\_\_\_\_. Sleep is also quite complicated. One-third of adults have problems sleeping and suffer (11) \_\_\_\_\_ insomnia. There are over 80 sleep-related disorders. Other people are lucky and have no problems at all getting off to sleep. Some people sleep as (12) \_\_\_\_\_ as their head hits the pillow. Do you sleep well?

### Put the correct words from this table into the article.

- |     |                |                |                |                 |
|-----|----------------|----------------|----------------|-----------------|
| 1.  | (a) hold       | (b) holder     | (c) held       | (d) holds       |
| 2.  | (a) of         | (b) to         | (c) by         | (d) at          |
| 3.  | (a) recover    | (b) recovering | (c) recovery   | (d) recoverable |
| 4.  | (a) at         | (b) on         | (c) later      | (d) in          |
| 5.  | (a) healthy    | (b) healthily  | (c) healthiest | (d) health      |
| 6.  | (a) wake up    | (b) wakey      | (c) awaken     | (d) awake       |
| 7.  | (a) necessary  | (b) need       | (c) needy      | (d) needed      |
| 8.  | (a) occurrence | (b) occurred   | (c) occurs     | (d) occurring   |
| 9.  | (a) death      | (b) dying      | (c) die        | (d) dead        |
| 10. | (a) disorder   | (b) ordered    | (c) ordering   | (d) order       |
| 11. | (a) to         | (b) from       | (c) for        | (d) at          |
| 12. | (a) soon       | (b) next       | (c) late       | (d) then        |

## SPELLING

Spell the jumbled words (from the text) correctly.

### Paragraph 1

1. advance the health fnstsebei
2. rhsaeerc into sleep
3. the importance it has as a ytaphre
4. in the foreseeable tuufer
5. allgbo epidemic
6. fully aaewk

### Paragraph 2

7. dyboli and mental need
8. effsdr from person to person
9. our uivavlsr
10. refreshes and zeeseqnir us
11. ufrsef from insomnia
12. their head hits the owplli

## PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- ( ) problems at all getting off to sleep. Some people sleep as soon as their head hits the pillow. Do you sleep well?
- ( ) research into sleep, and the importance it has as a therapy in recovering from illnesses. Dr. William C. Dement, a
- ( ) epidemic that threatens health and quality of life". Its logo is "Sleep well, live fully awake."
- ( ) Sleep is a basic bodily and mental need. We all need to sleep, although the number of hours differs from person
- ( **1** ) Everybody loves World Sleep Day. This day was first held in 2008 by the World Association of Sleep Medicine (WASM). Its aim
- ( ) sleep, the body can die. For many of us, sleep is one of the biggest pleasures in life. Indeed, many people list
- ( ) sleeping as a hobby! Sleep refreshes and energizes us and restores our brain into top working
- ( ) order. Sleep is also quite complicated. One-third of adults have problems sleeping and suffer from
- ( ) to person. Doctors do not know why sleep occurs, but they do all agree that it is essential for our survival. Without enough
- ( ) important for a healthy life". WASM's website says "sleepiness and sleeplessness is a global
- ( ) insomnia. There are over 80 sleep-related disorders. Other people are lucky and have no
- ( ) future. Everyone needs to understand how important sleep is, and how sleep is so
- ( ) WASM spokesperson, said World Sleep Day will "hopefully will be an event that is successful and will continue in the foreseeable
- ( ) is to advance the health benefits of sleep worldwide. WASM wants to promote and encourage education and

## SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. first in This was held 2008 day

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2. is the of aim advance benefits Its to health sleep

---

3. promote sleep into research and education encourage and

---

4. successful is that event an continue will and

---

5. a epidemic and is global sleepiness sleeplessness

---

6. a is Sleep need mental and bodily basic

---

7. differs the from number person of to hours person

---

8. Without die can body the , sleep enough

---

9. of life the sleep biggest is pleasures one in

---

10. people sleep as soon as their head hits the pillow Some

---

**DISCUSSION (Write your own questions)**

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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**DISCUSSION (Write your own questions)**

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# THE WORLD SLEEP DAY SURVEY

Write five questions about World Sleep Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

**Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.**



## HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find more information about World Sleep Day. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about World Sleep Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. POSTER:** Make your own poster about World Sleep Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.