

Fatigue and sleeplessness are on the rise

6th November 2023



In today's increasingly hectic world, more and more of us are experiencing tiredness and fatigue. Experts say there is an increase in the condition chronic fatigue syndrome (CFS). This is a physical and mental disorder that makes us feel extremely tired. That tiredness does not go away even if we rest. Sleep specialist Sammy Margo said: "Our lifestyles are characterised by constant connectivity, high stress and inadequate sleep." Nutritionist Dr Rohini Patil said people with CFS suffer from a lack of energy that affects every aspect of their day. She said eating better can help, saying: "While there is no cure for CFS, a well-balanced diet can play a significant role in helping manage symptoms and boost energy levels."

Dr Ben Kelly, a specialist in preventative medicine at the UK's biggest healthcare charity, offered some advice about how to deal with fatigue and a lack of sleep. He advised people to try his three-step bedtime plan. Step one is to turn the lights off because light keeps our brain active. He said blue light from phones and laptops is "particularly harmful". The second step is a good room temperature of around 19°C. He said: "A cool room helps to reduce body temperature, which helps initiate sleep." The final step is to reduce all noise. As for food, life coach Simon Alexander Ong recommends we eat bananas to help us get a better night's rest. He said bananas contain chemicals that encourage sleep.

Sources: mirror.co.uk / indianexpress.com / nhs.co.uk

Writing

The whole world needs to slow down. Discuss.

Chat

Talk about these words from the article.

hectic / tiredness / fatigue / expert / physical / mental disorder / connectivity / energy preventative medicine / healthcare / charity / blue light / temperature / bananas

True / False

- 1) The article says we live in an increasingly tired world. T / F
- 2) A sleep disorder has greatly increased in the past decade. T / F
- 3) There is a fatigue disorder that does not go away despite sleeping. T / F
- 4) A cure for chronic fatigue syndrome was found last year. T / F
- 5) Dr Ben Kelly is a specialist in preventing medicine. T / F
- 6) Dr Ben Kelly has a three-step plan for dealing with sleeplessness. T / F
- 7) A great temperature for a room to sleep in is 19°C. T / F
- 8) Bananas contain chemicals that can help us sleep better. T / F

Synonym Match

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

- | | |
|---------------------|---------------------|
| 1. hectic | a. manage |
| 2. chronic | b. ceaseless |
| 3. disorder | c. trigger |
| 4. constant | d. shut-eye |
| 5. boost | e. persistent |
| 6. advice | f. advocate |
| 7. deal with | g. fast and furious |
| 8. initiate | h. stimulate |
| 9. recommend | i. pointers |
| 10. rest | j. illness |

Discussion – Student A

- a) What do you think about what you read?
- b) How often do you experience sleeplessness?
- c) What do you know about preventative medicine?
- d) How does light affect your sleep?
- e) How does room temperature affect your sleep?
- f) How does noise affect your sleep?
- g) Are bananas the answer?
- h) What questions would you like to ask the experts?

Phrase Match

- | | |
|---|---------------------------|
| 1. In today's increasingly | a. particularly harmful |
| 2. more of us are experiencing tiredness | b. connectivity |
| 3. is an increase in the condition chronic | c. medicine |
| 4. Our lifestyles are characterised by constant | d. fatigue syndrome |
| 5. a well-balanced diet can play | e. rest |
| 6. a specialist in preventative | f. hectic world |
| 7. blue light from phones and laptops is | g. is to reduce all noise |
| 8. A cool room helps to reduce | h. and fatigue |
| 9. The final step | i. body temperature |
| 10. help us get a better night's | j. a significant role |

Discussion – Student B

- How often are you fatigued?
- How hectic is your lifestyle?
- What do you do when you are really, really tired?
- How does extreme tiredness affect you?
- How can we change our lives to relax more?
- What are the good and bad things about 'constant connectivity'?
- How does the food we eat affect our sleep?
- What do you do to boost your energy levels?

Spelling

- In today's increasingly tehchic world
- nriochc fatigue system
- characterised by constant veotnincicyt
- high stress and aetdaiuneq sleep
- a well-balanced diet can play a cagnfniiist role
- helping manage smsomypt
- a specialist in vintrvepetea medicine
- the UK's biggest healthcare tyirahc
- praailytulcr harmful
- A cool room helps to reduce body aeperurtmet
- which helps etinaiti sleep
- iemslccha that encourage sleep

Answers – Synonym Match

1. g	2. e	3. j	4. b	5. h
6. i	7. a	8. c	9. f	10. d

Role Play

Role A – Memorizing Vocabulary

You think memorizing vocabulary is the thing that makes us tired most. Tell the others three reasons why. Tell them why their things don't make us tired. Also, tell the others which is the least likely of these to cause tiredness (and why): exercise, a big meal or stress.

Role B – Exercise

You think exercise is the thing that makes us tired most. Tell the others three reasons why. Tell them why their things don't make us tired. Also, tell the others which is the least likely of these to cause tiredness (and why): memorizing vocabulary, a big meal or stress.

Role C – A Big Meal

You think a big meal is the thing that makes us tired most. Tell the others three reasons why. Tell them why their things don't make us tired. Also, tell the others which is the least likely of these to cause tiredness (and why): exercise, memorizing vocabulary or stress.

Role D – Stress

You think stress is the thing that makes us tired most. Tell the others three reasons why. Tell them why their things don't make us tired. Also, tell the others which is the least likely of these to cause tiredness (and why): exercise, a big meal or memorizing vocabulary.

Speaking – Tiredness

Rank these with your partner. Put the things that make us most tired at the top. Change partners often and share your rankings.

- | | |
|-------------------------|----------------|
| • Memorizing vocabulary | • Warm weather |
| • Exercise | • A big meal |
| • Work | • Stress |
| • Shopping | • Children |

Answers – True False

1	F	2	F	3	T	4	F	5	F	6	T	7	T	8	T
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Answers to Phrase Match and Spelling are in the text.