

Health Experts Explain Why Women Find It More Difficult to Sleep

VOCABULARY WORDS

1. deprivation /ˌdep.rə'veɪ.jən/ (noun) an absence or too little of something important
Example: There were food shortages and other deprivations during the war.
2. reclaim /rɪ'kleɪm/ (verb) to take back something that was yours
Example: Students whose averages drop can reclaim their scholarships if they raise their grades.
3. cessation /ses'eɪ.jən/ (noun) ending or stopping
Example: Religious leaders have called for a total cessation of the bombing campaign.
4. underlying /ˌʌn.də'laɪ.ɪŋ/ (adjective) real but not immediately obvious
Example: We need to tackle the underlying causes of poverty and suffering.
5. quarter /'kwɔːr.tə/ (noun) one of four equal or almost equal parts of something; 1/4
Example: Under a quarter of people questioned said that they were happily married.



It will come as no surprise to know that a lack of sleep isn't good for us. A new report suggests sleep **deprivation** can result in long-term health issues and even death. It also says that women are more likely to experience difficulties sleeping than men. The report is based on a survey of 4,100 British adults and is called '**Reclaim** Your Sleep'. It is from a British group called the Sleep Apnoea Trust Association.

Apnoea (or Apnea) is the temporary **cessation** of breathing, especially during sleep. Almost half of the women surveyed (43 percent) said they did not get enough sleep. This compared to 36 percent of men who said they did not sleep well. Women were also more prone than men to waking up during the night.

Health experts have warned that feeling overworked due to a lack of sleep could be a sign of a serious **underlying** medical condition. However, many women are unaware of the dangers, with only a **quarter** seeing a doctor about sleeplessness.

Professor John Stradling of Oxford University said: "Often women think that feeling exhausted is just part of modern life when in fact it could be something more serious." He added that not treating lack of sleep deficiency, "leaves women at risk of reduced quality of life and serious health conditions". In more severe cases, when left untreated, conditions like sleep apnoea can kill people because it can bring on heart attacks and strokes.

DISCUSSION

1. How important is sleep to you?
2. What do you know about sleep deprivation?
3. What do you do when you cannot get to sleep?
4. What advice would you give to someone who cannot sleep?
5. What three adjectives best describe sleep, and why?