

Mothers Sleep Less Than Fathers, Researchers Say

VOCABULARY WORDS

1. Get to the bottom (phrase) find an explanation for (a mystery).
Example: The manager hopes to get to the bottom of the problem.
2. Deprivation /ˌdeprəˈvāSH(ə)n/ the damaging lack of material benefits considered to be basic necessities in a society.
Example: Sugar deprivation can also have negative effects on our body.
3. Adverse /ədˈvɜrs, ˈadˌvɜrs/ preventing success or development; harmful; unfavorable.
Example: Unemployment is having an adverse effect on the economy.
4. Reveal /rəˈvēl/ make (previously unknown or secret information) known to others.
Example: She vowed not to reveal his secrets.
5. Impact /ˈimˌpakt/ the action of one object coming forcibly into contact with another.
Example: Her music has an impact on me.



It will be no great surprise to mothers that a new study confirms that moms get less sleep than fathers. Researchers in the USA analyzed data on the sleeping habits of 5,800 men and women. They wanted to **get to the bottom of** what affects adults' sleep. The researchers discovered that having children in the house leads to sleep **deprivation** in many mothers.

Motherhood greatly reduces the number of hours a mother sleeps. Unsurprisingly, this had an **adverse** effect on her energy levels during the day. The study found that fathers' sleep remained largely unaffected by having kids in the house.

The study **reveals** that children were the biggest cause of mothers not sleeping. Dr Kelly Sullivan said each child increased a woman's risk of not sleeping by 46%. Nearly half of mothers under 45 said they got seven hours of sleep a night, compared with 62% of women of the same age with no kids at home.

A lack of sleep negatively **impacts** our physical and mental well-being. It increases the risk of diabetes, obesity, cardiovascular disease, and depression. Dr Sullivan said: "It's

important to learn what is keeping people from getting the rest they need so we can help them work towards better health."

DISCUSSION

1. What do you do if you cannot sleep?
2. How does a lack of sleep affect you?
3. What can mothers do to make sure they sleep well?
4. How do our sleeping habits change as we get older?
5. What lifestyle changes do you need to make to get more sleep?