

Lack of Sleep Puts Our Health in Danger

VOCABULARY WORDS

1. Disastrous /də'zastərə/ causing great damage
Example: A disastrous fire swept across the city..
2. Consequence /'kənsəkwəns/ a result or effect of an action or condition
Example: You should face the consequences of your action..
3. Electrify /ə'lektreɪfɪ/ to make a machine or system operate using electricity when it did not before
Example: The power was switched on to electrify the fence..
4. Blame /blām/ assign responsibility for a fault or wrongdoing
Example: She was blamed for the failure of the project.
5. Depressed /də'prest/ in a state of general unhappiness
Example: She became very depressed after the divorce.



Research shows that many people are not sleeping enough. This is having a serious impact on health. A sleep expert from the University of California warned that a **disastrous** lack of sleep in modern society is putting us in danger of ill health. He said not having enough sleep puts us at risk from many possible deadly diseases.

The professor said we need eight hours of sleep a night and if we don't get that, we will have a shorter life. He added that the effect of not sleeping enough negatively impacts every single aspect of our health and every part of our body.

The professor warned that a lack of sleep causes diseases like Alzheimer's, cancer, heart disease, obesity and diabetes. He warned that we do not totally understand the very serious, damaging **consequences** of not getting eight hours a night.

He explained why people are sleeping less. One of the reasons he mentioned was that we **electrified** the night with light which is a major factor for reduced sleep. He also **blamed** longer working hours and longer commuting times, a desire to be with friends rather than sleep, mobile devices, alcohol and caffeine. He also blamed anxiety and said: "We're a lonelier, more **depressed** society."

DISCUSSION

1. Do you get enough hours of sleep?
2. What do you do when you don't get enough sleep?
3. Have you stayed awake for more than 24 hours straight?
4. How many days can you last without sleep?
5. What can people do to have a good night's sleep?
6. What can you advise people with sleep disorders?