

Binge-Watching Leads to Poor Sleep Quality

VOCABULARY WORDS

1. binge-watch /'bɪndʒ ˌwɒtʃ/ to watch several episodes (= separate parts) of a television series or programme, one after another
Example: We binge-watched an entire season of "Emily in Paris" on Sunday.
2. Back-to-back - consecutive
Example: On Wednesdays, I'm really busy because I have four classes back to back.
3. interrupt /ˌɪn.təˈrʌpt/ to stop something from happening for a short period
Example: We had to interrupt our trip when we heard John's mother had had an accident.
4. prevalence /'prev.əl.əns/ the fact that something is very common or happens often:
Example: The prevalence of the disease is higher in some families.
5. glued to the screen - to be unable to stop watching something
Example: We were glued to the television watching the election results come in.



Research shows that **binge-watching** television can negatively affect your health. Binge-viewing involves too much watching of **back-to-back** TV shows in a single sitting. It has become widespread across the world online streaming and downloading services came into existence.

Researchers from the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium surveyed 423 people aged 18-25 on their TV-viewing habits. Their research found that binge-viewing greatly **interrupted** sleep patterns. Co-author Professor Jan Van den Bulck said: "Our study signals that binge-viewing is prevalent in young adults and that it may be harmful to their sleep."

The researchers asked participants about their sleep quality, levels of fatigue and **prevalence** of insomnia. They also asked about their number of times of binge-watching programs on televisions, laptops and desktop computers. Over 80 percent of the participants reported binge-watching, with 20 percent doing so several times a week. Binge-watchers are 98 percent more likely to experience poor sleep quality.

A researcher said: "Bingeable TV shows have plots that keep the viewer **glued to the screen**. We think they become greatly involved with the content and may keep thinking about it when they want to go to sleep." She said this caused people problems when trying to sleep.

DISCUSSION

1. How much TV-watching is too much?
2. What are the good and bad things about television?
3. Are viewing habits different for older and younger people?
4. What experiences do you have of binge-watching?
5. How are your levels of fatigue and insomnia?
6. What shows keep you glued to the TV screen?