

Sleeping with Lights On Increases Risks of Heart Disease

VOCABULARY WORDS

1. dim /dɪm/ not giving or having much light
Example: The lamp gave out a dim light.
2. rejuvenate /rɪ'dʒuː.vən.eɪt/ to make someone look or feel young and energetic again:
Example: She felt rejuvenated after her trip to Hawaii.
3. overdrive /'əʊ.və.draɪv/ a state of great activity, effort, or hard work:
Example: The cast was in overdrive, rehearsing for the first performance.
4. shallow sleep /'ʃæl.əʊ/ little time of sleep; the first stage of a sleep cycle
Example: She was easily awakened by the barking of the dogs and just had a shallow sleep.
5. brain oscillation /ˌpsɪˈleɪ.ʃən/ brain activity or brain changes
Example: Our brain oscillations are improving.



Sleeping for only one night with a **dim** light, such as a TV set with the sound off, raised the blood sugar and heart rate of healthy young people participating in a sleep lab experiment, a new study found.

Heart rate typically drops at night, slowing down as the brain is busy repairing and **rejuvenating** the body. An elevated heart rate at night has been shown in numerous studies to be a risk factor for future heart disease and early death.

High blood sugar levels are a sign of insulin resistance, where the body stops using glucose properly and the pancreas goes into **overdrive**. Over time, insulin resistance can ultimately lead to Type 2 diabetes.

Exposure to light during sleep makes it difficult for your brain to achieve deeper sleep. The more **shallow** or light sleep you get at night, the more your brain **oscillations** (activity) that allow you to get to deeper stages of sleep are negatively affected.(CNN)

DISCUSSION

1. Do you know anyone who sleeps with lights on?
2. Why do you think it's important to sleep in the dark?
3. What do you think of people who cannot sleep in the dark?
4. Are there times that you find it difficult to sleep at night? What do you do?
5. What is the importance of sleep?
6. What is the relationship of sleep to a person's health?