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**Sleep for students**

Tutor copy

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| Color code:  Tutor notes  Answers |

Potentially new vocabulary in this lesson

* Schedule
* Early
* Behavior
* Nap
* Drowsy
* Improve
* Increase
* Issues
* Average

\*Remember to always write down other words your tutee might have difficulties with

**Introduction questions**

Expand on each subject, don’t forget to answer the question too. If you can, have your tutee talk about someone else (family member, friends) to get them to use different pronouns.

1. On average, how many hours of sleep do you get every night?
2. Are you a morning person or a night owl?
3. Do you have trouble waking up early?
4. Is there somebody around you who is a morning person?
5. Do you have a morning routine? If so, describe it.
6. Do you have a night routine? If so, describe it.

**Vocabulary theory**

Complete the grid below.

If the tutee has difficulty finding the translation, it would be a good idea to put the words in a sentence that would allow the tutee to see the word in context.

Ex. I take a nap when I am tired. What do you think “nap” would be?

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| --- | --- |
| **English** | **French** |
| Schedule | Horaire/programme |
| Early | Tôt |
| Nap | Sieste |
| Drowsy | Somnolent |
| Behavior | Comportement |
| Improve | Améliorer |
| Increase | Augmenter |
| Issues | Problèmes |

Using the words presented above, complete the following sentences:

1. I have issues with my computer. It won’t turn on anymore!
2. I was tired this afternoon, so I took a nap.
3. I’m sorry, my schedule doesn’t allow me to meet with you today.
4. I arrived 10 minutes early yesterday.
5. I still need to improve to pass my class this semester.
6. I didn’t sleep well last night so I’m drowsy today.
7. Your behavior at the park was unacceptable!
8. I need to increase the temperature of the water to make it boil.

Take turns asking each other the following questions:

1. Do you sometimes have issues with your computer?
2. How often do you take naps?
3. Do you have a good sleep schedule?
4. Do you feel drowsy at the moment?
5. Do you think your English skills have improved since the beginning of the session?
6. When you were young, did your parents reward you for good behavior or punish you for bad behavior?

**Facts about sleep**

Read the first paragraph, summarize it and then do the same for the second paragraph.

Depending on your tutee’s level, you can

* Have your tutee read the whole text alone and discuss what they understood after.
* Have your tutee read one sentence/paragraph at a time and discuss what they understood and address any vocabulary difficulties.

\*Remember to write down vocabulary you might want to review later on.

Most people know that teens and young adults need eight to ten hours of sleep every day. Getting enough sleep is very important especially for students since it can directly impact academic performances. Getting enough sleep helps with concentration and can stimulate creativity. It also improves memory and analytical thought.

Not getting enough sleep can increase the risk of developing physical or mental health problems such as anxiety or even depression. It can also make attention or behavior issues worst. Also, not sleeping enough at night will cause drowsiness during the day and impact productivity.

**Tips to sleep better**

After reading each tip, discuss whether or not you already do it.

You can quickly discuss these but there will be questions in the section “Questions about you” to encourage discussion as well.

* Keep the same sleep schedule on weekdays and weekends
* Have a night routine to prepare you for bedtime
* Do a relaxing activity before going to sleep
* Turn off electronics like your phone or computer at least 30 minutes before bedtime
* Don’t drink caffeinated drinks at least 6 hours before bedtime
* Avoid taking naps longer than 30 minutes during the day
* Try to be active during the day but avoid physical activity too late in the day

**Text questions**

After reading “Facts about sleep” and “Tips to sleep better”, answer the following questions.

1. How many hours of sleep do students usually need every day?

Eight to ten hours

Do you sleep fewer or more hours than the recommended amount?

Do you think it is possible for you to respect that amount with your current schedule?

1. In the text “Facts about sleep”, summarize the negative effects of lack of sleep for students and the positive effects of good sleep for students.

Most people know that teens and young adults need eight to ten hours of sleep every day. Getting enough sleep is very important especially for students since it can directly impact academic performances. Getting enough sleep helps with concentration and can stimulate creativity. It also improves memory and analytical thought.

Not getting enough sleep can increase the risk of developing physical or mental health problems such as anxiety or even depression. It can also make attention or behavior issues worse. Also, not sleeping enough at night will cause drowsiness during the day and impact productivity.

Do you have trouble concentrating in school?

Do you sometimes feel drowsy during the day?

**Activity**

Read both scenarios and answer the questions.

Here again, you can use different approaches to have your tutee read the scenarios depending on their level.

**Marie**

Marie is a college student. Right after dinner, she took an hour-long nap and when she woke up from her nap, she got coffee for an energy boost. She had a paper to write for school, so she worked on her computer all night. At 1am, she finally finished her paper, and she went to bed directly after. She woke up at 7 the next morning and went to school.

**William**

William is also a college student. In the afternoon he went to his soccer practice. After diner, he did his homework. When he finished his homework, he watched Tik Toks on his phone. At 9pm he turned off his phone and went to take a shower just like he does every night. Before bedtime he read a book to relax and went to sleep at 10pm. He woke up at 7 the next morning and went to school.

Whose scenario was the best? Whose scenario was the worst?

Explain the good or bad aspects of each scenario

|  |  |
| --- | --- |
| Marie’s scenario | William’s scenario |
| Good or Bad | Good or Bad |
| * Hour long nap (more than 30 minutes) * Drank coffee too late in the day * Used her computer before going to sleep * Doesn’t have a bedtime routine * Slept less than the recommended amount (6 hours) | * Did physical activity during the day * Got off his phone at least 30 minutes before bed * Has a night routine * Did a relaxing activity (reading) before going to sleep * Slept the recommended amount (9 hours) |

**Questions about you**

Don’t forget to discuss each point and return the question.

1. Are you more like Marie or William?
2. Are there techniques listed in “Tips to sleep better” that you already use? What are they?
3. What techniques would you like to try? Why?
4. What techniques do you think would be the most difficult for you to do? Why?
5. Do you notice differences when you sleep less or more than you usually do?

**Wrap-up**

Vocabulary review

Possible words you might want to review

Schedule, early, behavior, nap, drowsy