

ESL Reading Comprehension + Writing Questions Activity on "Sleeping Hygiene"



Student's Name: _____

Sleep, an essential component of our daily routine, often eludes many individuals. While some effortlessly slip into the realm of dreams, others find themselves battling with the elusive bedtime right after night. Understanding sleeping habits, their impact on our health, and the challenges people face is a critical step toward achieving optimal sleep and overall well-being.

For many, the struggle to fall asleep is a nightly battle fraught with frustration and exhaustion. It's often characterized by difficulty falling asleep or staying asleep, a state of the mind prevalent sleep disorder affecting millions worldwide. Sleep anxiety, and poor sleep hygiene contribute to this pervasive problem, leading to a cascade of detrimental effects on physical and mental health. Dr. Sarah Reynolds, a renowned sleep specialist, sheds light on the intricate issues plaguing individuals with insomnia. "In my practice, I often encounter patients who struggle with racing thoughts, excessive worrying, and an inability to relax before bedtime," she explains. "These psychological factors, coupled with sleep habits like irregular sleep schedules and excessive screen time, manifest sleep disorder."

Moreover, Dr. Reynolds emphasizes the detrimental impact of chronic sleep deprivation on cognitive function, mood regulation, and overall health. "This doesn't mean sleep affects not only sleep," explains Dr. Reynolds, "but it also increases the risk of developing chronic conditions such as obesity, diabetes, and cardiovascular disease." she warns.

To gain a deeper understanding of the sleep habits and challenges faced by individuals, there have been numerous studies and surveys conducted across various backgrounds.

- What is insomnia?
- Insomnia is a rare problem among people. True or False? Argue your answer from the text.
- _____
- What does Dr. Reynolds want to emphasize?
- _____
- What consequences does insomnia have on health?
- _____
- What does "anxiety" mean?
- What are the causes of insomnia among students according to Dr. Thompson?
- _____
- What is Dr. Thompson concerned about?
- _____
- Which expressions of the text "to avoid stress"?
- Which advice does Dr. Reynolds give?
- _____
- How does Dr. Thompson advocate for sleep hygiene?
- _____
- What does "chronic" mean?
- _____

Writing Activity

1. Write an essay on your sleeping habits. Do you have regular sleeping habits? Or is your mind difficult to wind down before going to sleep? Or are you personally doing regular sleep routine practices your personal life and social life? Write 100-150 words.
2. In the text, Dr. Thompson talks about some of the most common causes of sleeping problems among the learners. Do you agree with her/his/why not? Write 100-150 words about your own personal experience on this problem in your life. Write 100-150 words.

Ideas to
make
sweet
dreams



ESL READING ACTIVITY + WRITING ACTIVITY on Sleeping Hygiene

- 1 Text
- 11 Comprehension Questions
- 2 Essay Prompts (Writing Activity)

- 3 PDF Printable Worksheets
- Ideal for Intermediate-Advanced Learners

Sleep Hacks Reading Comprehension This Week

Wendy Wren



Sleep Hacks Reading Comprehension This Week:

Weekly World News ,1985-03-19 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site *Toward Reading Comprehension* Julia Florence Sherbourne,1958 *Momlandia* Jennifer Strube,Samantha Lemos,2021-02-25 When two college roommates reconnect after twenty years and find themselves both pregnant with baby girls nothing could seem more blissful That is until they actually have the babies Cue Momlandia a strange universe that looks nothing like moms of Instagram Braless sleepless and covered with milk these friends fight for their pre baby sanity the best way modern moms know how one text message at a time Together they wade through the strange vortex of momlife navigating GMO sized body parts tangled breast pumps and sudden onset husband hatred Where is the glitter filled Momtopia they were marketed Strapping on their belly bands and pulling up their postpartum panties these BFFs guzzle coffee and kale in search of organic motherhood Hand churning flax muffins while fighting their own muffintops surely they can become the selfless maternal saints they d envisioned themselves to be Or can they To all those natural moms in search of perfection we hail you one momguilt mombod momfail at a time [Coaching Skills for Academic Leaders](#) Susan Robison,2023-11-27 This practical evidence based guide equips higher education leaders with the coaching skills they need to encourage and support faculty engagement productivity and satisfaction Drawing from research in neuroscience faculty development and the scholarship of coaching this book focuses on three essential skill sets assessment setting an agenda and keeping success going This logical easy to follow process will improve how academic leaders engage with faculty thus resulting in more productive conversations and desired outcomes Experienced seminar leader and academic coach Susan Robison imparts step by step guidance and provides plentiful exercises on how to listen deeply ask meaningful questions and co create effective plans to set up faculty for success A powerful tool for department chairs program directors deans provosts and more this book will become a well used staple in any college leader s library **The Old School Advantage** J. N. Whiddon,2016-02-16 The Old School founder and acclaimed business author shares the timeless tools and wisdom you need to succeed in today s professional world In an age where information is everywhere but wisdom is elusive it takes more than technical skill to stand out In *The Old School Advantage* J N Whiddon teaches you how to use old school communication skills like delivering impactful presentations using ready recall and influencing people with WOW words and probing questions that make a lasting impression As Whiddon himself knows school never lets out no matter your age Everyone from young professionals just entering the workforce to seasoned leaders looking to stay at the top of their game can benefit from Whiddon s indispensable tools Start building a life you love and a legacy that will endure with the Old School advantage *New Worlds* Joe Cortina,Janet Elder,2003-03 *New Worlds* is an introductory college reading improvement text that applies the successful approach of the authors *Opening Doors* and *Comprehending College* textbooks and Janet Elder s

Exercise Your College Reading Skills in a format designed to help lower level developmental reading students succeed in college This approach presents skills clearly in a structured approach that emphasizes comprehension and provides thorough on going practice and application of the skills This second edition includes fuller explanations more practice exercises ten new reading selections expanded quizzes for all reading selections and a wealth of new media support Harper's Weekly John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1865 *Skills in Spelling and Vocabulary* Wendy Wren,2004 Skills in Spelling and Vocabulary extends the range of the Nelson Thornes Framework English series with a scheme specifically aimed at securing spelling skills and enriching vocabulary Each Student Book consisting of 80 pages provides spelling and vocabulary activities aimed at developing skills in writing fiction and non fiction

Work Accommodation and Retention in Mental Health Izabela Z. Schultz,E. Sally Rogers,2010-11-16 Growing interest in the field of mental health in the workplace among policy makers clinicians and researchers alike has been fueled by equal employment rights legislation and increasing disability statistics in mental health The importance of addressing this topic is underscored by the fact that depression now ranks second on the hierarchy of occupational disabilities The problem is compounded by a host of factors including major difficulties in job retention and productivity experienced by persons with mental health disabilities younger age and higher education of persons with mental health problems and labor shortages and an aging workforce in many industrialized countries In addition particularly in the United States the vocational needs of army veterans returning from duty with mental health disorders require system based solutions and new rehabilitation approaches The pressure created by these powerful legislative societal and economic forces has not been matched by the state of evidence based practices in the field of employment retention and job accommodation in mental health Current research evidence is fragmented limited in scope difficult to access and adversely affected by the traditional divide between the fields of psychiatry and psychology on one hand and interdisciplinary employment research and practices on the other As a result policy makers employers disability compensation systems and rehabilitation and disability management professionals have been left without a critical how to evidence informed toolbox for occupational practices to accommodate and retain persons with mental health disabilities in the workplace Currently no single source of knowledge and research evidence exists in the field that would guide best practices Yet the need for workplace accommodations for persons with mental health disabilities has been growing and based on epidemiological trends is anticipated to grow even more in the future These trends leave physicians psychologists occupational therapists vocational rehabilitation professionals disability managers human resource professionals and policy makers poorly prepared to face the challenge of integrating and maintaining persons with mental health disabilities in the workplace The aim of the Handbook is to close the gap between the needs of the professionals and networks that work with or study persons with mental health

disorders in an employment context and the actual knowledge base in the field The Handbook will be written in language that can easily be understood by readers representing a multitude of disciplines and research paradigms spanning the mental health rehabilitation and employment fields of inquiry The Handbook will contribute an integration of the best quantitative and qualitative research in the field together with experts consensus regarding effective work retention and accommodation strategies and practices in mental health The book will consist of five major sections divided into chapters written by recognized experts in these areas **Sunday School Times** ,1888 *The Continent Weekly Magazine* ,1884

Academy; a Weekly Review of Literature, Learning, Science and Art ,1875 The Poetical gazette the official organ of the Poetry society and a review of poetical affairs nos 4 7 issued as supplements to the Academy v 79 Oct 15 Nov 5 Dec 3 and 31 1910 *Macmillan's Magazine* ,1898 *International Record of Medicine and General Practice Clinics* Frank Pierce Foster,1884 Farmer's Weekly ,1935 *The Saturday Review of Politics, Literature, Science and Art* ,1884 **The Youth's Companion** Nathaniel Willis,Daniel Sharp Ford,1871 Includes music *Current Literature* ,1891 Pick-me-up ,1890 **The Australian Journal** ,1876

The Top Books of the Year Sleep Hacks Reading Comprehension This Week The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Sleep Hacks Reading Comprehension This Week : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sleep Hacks Reading Comprehension This Week : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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Sleep Hacks Reading Comprehension This Week Introduction

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