
BBC LEARNING ENGLISH

6 Minute English worksheet

Why you need a good night's sleep



1. Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?
2. Now listen to the first two minutes of the episode.
 - What do the presenters say the episode is about?
 - What is this week's question? What do you think the answer is?
3. Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?

- a) Word/phrase: _____
It means: _____.
- b) Word/phrase: _____
It means: _____.
- c) Word/phrase: _____
It means: _____.
- d) Word/phrase: _____
It means: _____.
- e) Word/phrase: _____
It means: _____.
- f) Word/phrase: _____
It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. What is an English idiom meaning 'to sleep'?
 - a) catch 40 waves
 - b) catch 40 winks
 - c) catch 50 winks

2. Which word means 'the absence or too little of something important'?
 - a) deprivation
 - b) abundance
 - c) dozing

3. What is a health benefit associated with getting enough sleep?
 - a) a weakened immune system
 - b) better dreams
 - c) living longer

4. "That's a very difficult decision to make – why don't you _____?"
 - a) sleep it
 - b) sleep over it
 - c) sleep on it

5. Which phrase describes 'changes in the human body in response to a life-threatening situation'?
 - a) fight-or-flight
 - b) knock out
 - c) shut-eye

6. What means 'to cause other results, but not directly'?
 - a) cause and effect

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- b) a knock-on effect
- c) a direct consequence

6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

a) catching forty winks / getting some shut-eye / dozing / taking a nap
– (idioms) sleeping

b) take in – understand

c) sleep on it – wait until you've had time to think carefully before making a decision

d) deprivation - an absence or too little of something important eg. food, sleep

e) fight-or-flight response - changes in the human body in response to a life-threatening situation which make us either stay and fight the threat, or run away from it

f) knock-on effect - cause other results or events, but not directly

5. 1b, 2a, 3c, 4c, 5a, 6b

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet, and adapt it as necessary.

Expansion activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.