

NEGATIVE EFFECTS OF STAYING UP LATE

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

1. **Vocabulary game:** Fill in the blanks with suitable words from the box.

sleepwalkers regularly life longest kill falling

1. Humans spend 1/3 of their _____ sleeping.
2. The record for the _____ period without sleep is 11 days.
3. It's thought that up to 15% of the population are _____.
4. Sleep deprivation will _____ you more quickly than food deprivation.
5. Ideally, _____ asleep at night should take you 10-15 minutes.
6. In general, exercising _____ makes it easier to fall asleep.

2. **What do you do to prepare yourself for sleep?**



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3. Discuss the following question with your partner:

In your opinion, why do we need to sleep?

4. Role-play

A: You often stay up late because you think that sleeping too much is unhealthy.

B: You're A's friend. Advise him/her to get enough sleep every day.



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A cup of coffee, a watch, and a notebook in the background.

Wrap-up

Topic: **Negative effects of staying up late**

- Have some talks about the importance of sleep
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)