

# THE SLEEP HABITS OF SUCCESSFUL PEOPLE

## 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 the letter(s) in the blank(s) to complete the passage below. Who gets the most correct words will be the winner.**

Write down the three best things **ab\_ut** your day, and three things you plan to **t\_ckle** tomorrow. One sleep study found that those who took a few minutes every night to reflect on and **ackn\_wl\_dge** the good things that **h\_pp\_ned** to them that day were able to sleep better. That dose of positivity induced feelings of calm that **all\_wed** for more **r\_stful** sleep. And writing down three things you plan to tackle the next day helps you get those thoughts onto paper and out of your head. That way, you won't be running through your to-do list while you are **tr\_ing** to **f\_ll** asleep.



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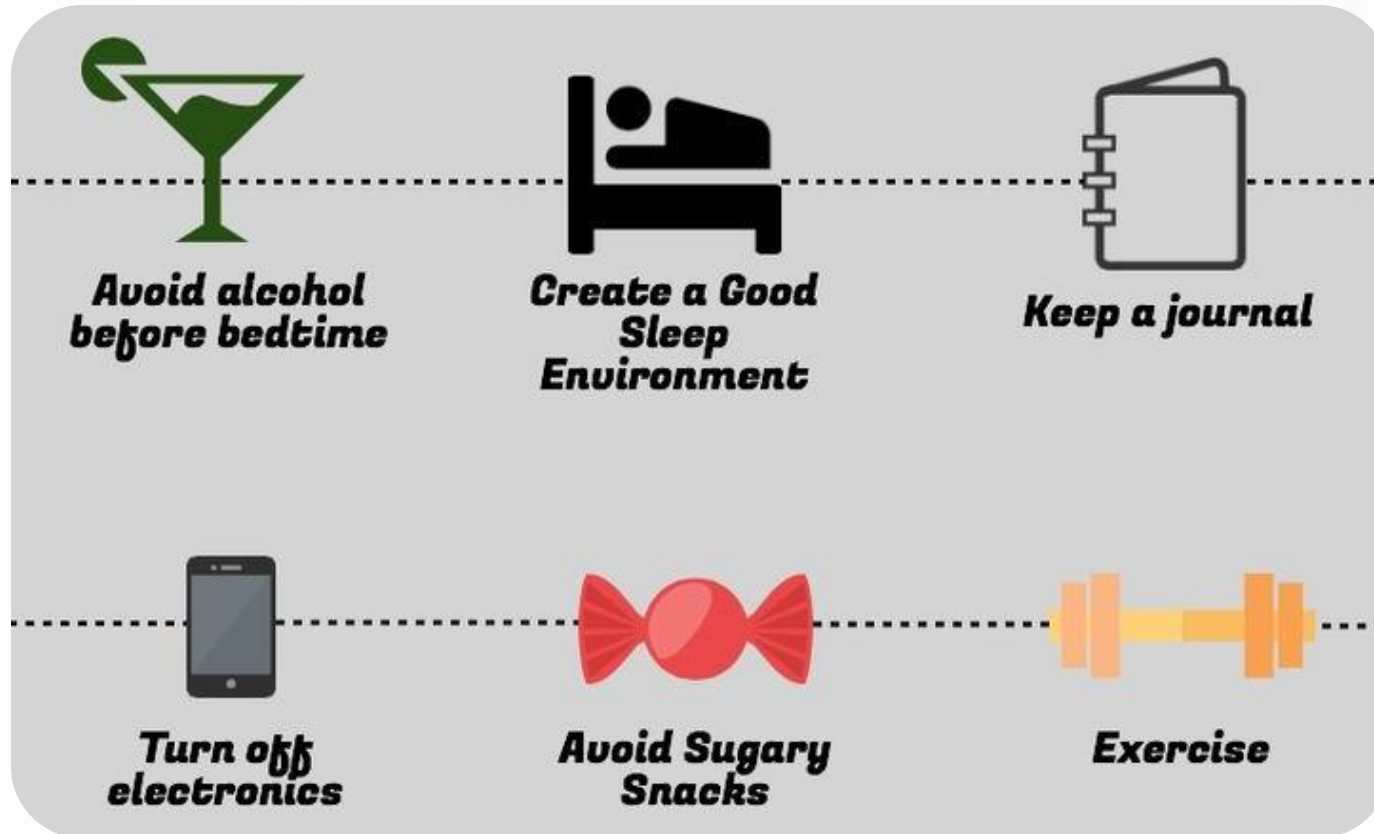
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## 2. What are the sleep habits of successful people?



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**3. Discuss “Why we need to plan out the next day before we sleep” with your partner.**

## **4. Role-play**

**A:** You have been suffering from sleep deprivation that reduces your productivity. Ask your friend for advice.

**B:** You are A's friend. Give him/her some advice.



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

# Wrap-up

Topic: **The sleep habits of successful people**

- Have discussions about:
  - ✓ What are sleep habits of successful people?
  - ✓ Why we need to plan out the next day before we sleep?
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)