

NEGATIVE EFFECTS OF STAYING UP LATE

In 30 seconds, answer the following questions:

- What time do you usually go to bed at night?
- Do you think you should go to bed earlier?

Watch the video and answer the given question in 60 seconds:

Why do people stay up late?



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Listen and repeat. Then, choose a word to define.

1. **Consistent (adj)** /kən'sistənt/

2. **Extremely (adv)** /ɪk'striːmli/

3. **Insomnia (n)** /ɪn'sɑːmniə/

4. **Disorder (n)** /dɪs'ɔːrdər/

5. **Invisible (adj)** /ɪn'vɪzəbl/

6. **Bedtime (n)** /'bedtaɪm/

Make a sentence using that word.

Example: *If being a night owl is just a habit, setting a **consistent** wake up time will help the body adjust to an earlier bedtime.*



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Wear Your Words

Explanation of useful phrasal verbs:

Wake (sb) up to (cause to) become conscious after sleeping



Pile on (especially of a person's weight) to increase quickly



Examples:

- ✓ *A cold shower will soon **wake you up**.*
- ✓ *The weight just **piled on** while I was abroad.*

Make a sentence using one of the given phrasal verbs.



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Structure:

A clause + as a result of + something.

Example: *She was sick as a result of sleep deprivation.*

Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss “The negative effects of staying up late” with your partner.

Suggestions

- ✓ You may suffer from headaches during work or class
- ✓ Staying up late in the long term may cause damage to your memory
- ✓ You may feel extremely tired, which will lead to poor blood circulation around the eyes
- ✓ Your immune responses may decrease, causing fatigue, colds, allergies and/or infections
- ✓ Etc.



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Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to negative effects of staying up late
- ✓ **Two phrasal verbs:**
 - Wake (sb) up**
 - Pile on**
- ✓ **Structure:**
 - A clause + as a result of + something.**
- ✓ Discussion about negative effects of staying up late



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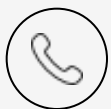
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Complete your mission and find more in related lessons.

Your mission	<ul style="list-style-type: none">✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)✓ Search for related lessons in the course browser here (It doesn't apply to all students)✓ Take those lessons
Recommendation	<ul style="list-style-type: none">✓ 171-fill in the blank: adverbs (#0825)✓ 100-learn adverbs (#0225)
 <p>Excellence</p> <p>Click on the star to rate I am most satisfied</p> <p>Teacher Technical quality Material</p>	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



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