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## Doctors Identify Top Food for Better Sleep

### Description

Some food can help you sleep better. Sleep doctors say tart cherries are a good choice. They are natural and contain a hormone called melatonin. This hormone helps signal your body that it is time for bed.

Dr. Morgan Soffler from New York Medical College says tart cherries may help people who have trouble sleeping. Some studies show that they can improve sleep time and make it easier to fall asleep. They may also help lower inflammation in the body.

You can eat tart cherries in different ways. Many people drink tart cherry juice before bed. You can also find frozen or dried cherries. Some shops sell supplements with tart cherry extract.

If you do not find food helps you sleep, it may be better not to eat close to bedtime. Dr. Sarathi Bhattacharyya suggests waiting 3 to 4 hours before you sleep. This way, your body can relax and prepare for a good night's rest.

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### Vocabulary List:

1. **hormone** //ˈhɔːrməʊn// (noun): a natural chemical made in the body
2. **melatonin** //ˌmeləˈtɒnɪn// (noun): a chemical in the body that helps sleep
3. **inflammation** //ˌɪnfləˈmeɪʃən// (noun): swelling, redness, or pain in body parts
4. **supplements** //ˈsʌpləmənts// (noun): extra pills or products people take for health
5. **extract** //ˈɛkstrækt// (noun): a substance taken from a plant or food
6. **signal** //ˈsɪgnəl// (verb): to send a sign that shows something

### Comprehension Questions

#### Multiple Choice

1. What hormone do tart cherries contain that helps signal sleep?

Option: Serotonin

Option: Cortisol



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Option: Melatonin  
Option: Adrenaline

2. Who is Dr. Morgan Soffler?

Option: A sleep doctor  
Option: A nutritionist  
Option: A chef  
Option: A psychologist

3. What is one way people consume tart cherries before bed?

Option: In salads  
Option: As a pie  
Option: As juice  
Option: In ice cream

4. How long does Dr. Sarathi Bhattacharyya suggest waiting before sleeping after eating?

Option: 1 to 2 hours  
Option: 2 to 3 hours  
Option: 3 to 4 hours  
Option: 4 to 5 hours

5. What is one potential benefit of tart cherries mentioned in the text?

Option: Improving digestion  
Option: Lowering inflammation  
Option: Increasing energy  
Option: Boosting creativity

6. What format do shops sell tart cherry extract in?

Option: Frozen  
Option: Dried  
Option: Juice  
Option: Supplements

### True-False

7. Tart cherries can help people who have trouble sleeping.

8. Dr. Morgan Soffler recommends eating tart cherries immediately before bed.



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9. Tart cherries contain a hormone called serotonin.
  10. Some studies show that tart cherries may improve sleep time.
  11. You should eat food close to bedtime for better sleep according to Dr. Sarathi Bhattacharyya.
  12. Tart cherries can be consumed in juice form.

### Gap-Fill

13. Tart cherries contain a hormone called \_\_\_\_\_ that helps signal sleep.
14. Dr. Morgan Soffler suggests that tart cherries may help those who have trouble \_\_\_\_\_.
15. People should wait \_\_\_\_\_ hours before sleeping after eating.
16. Many people drink tart cherry \_\_\_\_\_ before bed.
17. If food does not help you sleep, it may be better not to eat close to \_\_\_\_\_.
18. Tart cherries may also help lower \_\_\_\_\_ in the body.

### Answer

**Multiple Choice:** 1. Melatonin 2. A sleep doctor 3. As juice 4. 3 to 4 hours 5. Lowering inflammation  
6. Supplements

**True-False:** 7. True 8. False 9. False 10. True 11. False 12. True

**Gap-Fill:** 13. melatonin 14. sleeping 15. 3 to 4 16. juice 17. bedtime 18. inflammation

### Vocabulary quizzes

#### Multiple Choice ( Select the Correct answer for each question. )

1. What type of cancer is primarily characterized by uncontrolled cell growth?  
Option: Carcinoma  
Option: Melanoma



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- Option: Leukemia  
Option: Lymphoma
2. Which type of skin cancer specifically arises from melanocytes?  
Option: Basal cell carcinoma  
Option: Melanoma  
Option: Squamous cell carcinoma  
Option: Adenocarcinoma
3. What is the primary method used to identify the presence of cancer?  
Option: Detection  
Option: Prevention  
Option: Treatment  
Option: Diagnosis
4. What term is used to describe the continuation of life after a cancer diagnosis?  
Option: Cure  
Option: Recovery  
Option: Survival  
Option: Mortality
5. What is the term for the process by which cancer cells move from one part of the body to another?  
Option: Proliferation  
Option: Metastasis  
Option: Invasion  
Option: Tumorigenesis
6. What is the term for managing cancer symptoms through various methods?  
Option: Detected  
Option: Treated  
Option: Survived  
Option: Prevented
7. What are segments of DNA that influence traits, including the risk for cancer?  
Option: Chromosomes  
Option: Genes  
Option: Alleles  
Option: Genomes
8. What medical procedures are often performed to remove cancerous tissue?  
Option: Therapies  
Option: Surgeries  
Option: Medications



Option: Tests

9. What is the name of the cancer treatment that uses drugs to kill cancer cells?

Option: Radiation

Option: Surgery

Option: Chemotherapy

Option: Immunotherapy

10. Which hormone is produced by the pineal gland and has roles in regulating sleep and potentially influencing cancer?

Option: Serotonin

Option: Cortisol

Option: Melatonin

Option: Adrenaline

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The early \_\_\_\_\_ of cancer significantly improves treatment outcomes.

12. Factors such as stage at diagnosis affect cancer \_\_\_\_\_ rates.

13. The \_\_\_\_\_ of cancer cells to other organs is known as metastasis.

14. Cancer can be \_\_\_\_\_ using a combination of surgery, radiation, and chemotherapy.

15. Mutations in specific \_\_\_\_\_ can lead to an increased risk for certain cancers.

16. Many cancer patients undergo \_\_\_\_\_ to remove tumors and affected tissues.

17. Research suggests that \_\_\_\_\_ may play a role in cancer prevention.

18. Patients often receive \_\_\_\_\_ to eliminate cancer cells after surgery.

19. Chronic \_\_\_\_\_ has been linked to the development of certain cancers.

20. Certain herbal \_\_\_\_\_ have been researched for their potential anti-cancer properties.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Carcinoma is the most common type of cancer that develops in epithelial tissue.



22. Melanoma is a serious type of skin cancer that can spread to other parts of the body.
23. Survival rates for cancer can vary significantly depending on the type and stage of cancer.
24. Inflammation is a natural process that can sometimes contribute to cancer progression.
25. Chemotherapy is often used to treat cancer by targeting rapidly dividing cells.
26. Hormones such as estrogen can influence the growth of certain cancers.
27. Researchers are continually studying new treatments to improve cancer outcomes.
28. Surgeries are performed to remove tumors and affected areas in cancer patients.
29. Mutations in specific genes can increase an individual's risk for developing cancer.
30. Certain dietary supplements are being investigated for their potential role in cancer prevention.

## Answer

**Multiple Choice:** 1. Carcinoma 2. Melanoma 3. Detection 4. Survival 5. Metastasis 6. Treated 7. Genes 8. Surgeries 9. Chemotherapy 10. Melatonin

**Gap-Fill:** 11. detection 12. survival 13. spread 14. treated 15. genes 16. surgeries 17. melatonin 18. chemotherapy 19. inflammation 20. extracts

**Matching sentence:** 1. carcinoma 2. melanoma 3. survival 4. inflammation 5. chemotherapy 6. hormone 7. researchers 8. surgeries 9. gene 10. supplements

## CATEGORY

1. Health - LEVEL1

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