



Jennifer Aniston Opens Up About Common Health Struggle at 55

Description

Jennifer Aniston, renowned for her fit physique, recently opened up about her struggle with a vital aspect of maintaining a healthy lifestyle: sleep. In an interview with [Allure](#), published on Friday, the 55-year-old actress revealed that she has had difficulty sleeping for over a decade.

“Sleep and I have a complicated relationship,” Aniston admitted. “I really want to embrace it, and I believe it wants to embrace me too, but we’ve encountered challenges, particularly in the last 10 to 15 years.”

Jennifer Aniston at the 76th Primetime Emmy Awards, September 15, 2024, in Los Angeles, California. Variety via Getty Images

While Aniston didn’t explicitly label her situation as insomnia—a condition impacting nearly 30% of Americans, according to the National Institutes of Health—she acknowledged that information overload from her smartphone often keeps her awake well into the night.

“Shutting down my brain is a challenge; it feels like a never-ending committee meeting,” she said. “I’ve had to turn off the news and set boundaries regarding the information I consume. Our minds and bodies aren’t equipped to handle such an influx of data.”

As part of her bedtime routine, Aniston tries to disconnect two hours before midnight, practicing stretching and focusing on her thoughts. “I’m working on my ‘sleep hygiene,’ a phrase I’m not fond of,” she added. “I aim to be in bed by 10 p.m., taking time to unwind.”

Ultimately, Aniston believes in treating oneself kindly amidst life's pressures. “Some days are better than others, but being hard on ourselves won’t help, especially when the world can be so harsh,” she concluded.

Vocabulary List:

1. **Insomnia** /ɪnˈsɒm.ni.ə/ (noun): A condition characterized by difficulty in falling or staying asleep.
2. **Boundaries** /ˈbaʊn.dər.ɪz/ (noun): Limits that define acceptable behavior or practices.
3. **Influx** /ɪnˈflʌks/ (noun): An arrival or inward flow of a large number of people or things.
4. **Complicated** /ˈkɒm.plɪ.keɪ.tɪd/ (adjective): Consisting of many interconnecting parts; not easy to analyze or understand.
5. **Hygiene** /ˈhaɪ.dʒiːn/ (noun): Conditions or practices conducive to maintaining health and preventing disease.
6. **Pressure** /ˈpreʃ.ər/ (noun): The continuous physical force exerted on or against an object by something in contact with it.



Comprehension Questions

Multiple Choice

1. According to the text, Jennifer Aniston has had difficulty sleeping for how long?
Option: 5 years
Option: over a decade
Option: 20 years
Option: 1 year
2. What vital aspect of maintaining a healthy lifestyle did Jennifer Aniston discuss struggling with?
Option: Dieting
Option: Exercise
Option: Sleep
Option: Meditation
3. What percentage of Americans does the text mention are impacted by insomnia?
Option: 10%
Option: 20%
Option: 30%
Option: 40%
4. What does Jennifer Aniston consider a challenge in terms of sleep?
Option: Reading
Option: Watching TV
Option: Overthinking
Option: Exercising
5. What time does Jennifer Aniston aim to be in bed according to the text?
Option: 9 p.m.
Option: 10 p.m.
Option: 11 p.m.
Option: 12 a.m.
6. What does Jennifer Aniston practice as part of her bedtime routine?
Option: Meditation



- Option: Stretching
- Option: Running
- Option: Weightlifting

True-False

7. Jennifer Aniston explicitly mentioned suffering from insomnia in the interview.
8. Aniston believes in being harsh on oneself in the face of life's pressures.
9. Aniston believes in setting boundaries regarding the information she consumes before bedtime.
10. Jennifer Aniston aims to be in bed by 11 p.m. every night.
11. Shutting down her brain is not a challenge for Jennifer Aniston.
12. Jennifer Aniston considers overthinking as a hindrance to her sleep.

Gap-Fill

13. Jennifer Aniston tries to disconnect from her phone _____ before midnight.
14. According to the text, insomnia impacts nearly _____ of Americans.
15. Jennifer Aniston mentioned that she has had difficulty sleeping for over _____.
16. Aniston aims to be in bed by 10 p.m., taking time to _____.
17. The text mentions that our minds and bodies aren't equipped to handle an influx of _____.
18. Aniston practices stretching and focusing on her thoughts as part of her _____ routine.

Answer

- Multiple Choice:** 1. over a decade 2. Sleep 3. 30% 4. Overthinking 5. 10 p.m. 6. Stretching
True-False: 7. False



8. False 9. True 10. False 11. False 12. True

Gap-Fill: 13. two hours 14. 30% 15. a decade 16. unwind 17. data 18. bedtime

Vocabulary quizzes

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

1. Which word means well-known and respected for past achievements?

Option: complicated

Option: resilience

Option: illustrious

Option: insomnia

2. Which word means damaged or destroyed by chemical action?

Option: hygiene

Option: corroded

Option: pivotal

Option: gathered

3. Which word means an arrival or entry of large numbers of people or things?

Option: notable

Option: copyright

Option: influx

Option: comprehensive

4. Which word means exceeding what is reasonable or appropriate; excessive?

Option: engaged

Option: complicated

Option: extravagant

Option: boundaries

5. Which word means limitations set on actions or thoughts?

Option: insomnia

Option: boundaries

Option: infringing

Option: gathered

6. Which word means the capacity to recover quickly from difficulties?

Option: humbled

Option: pressure

Option: resilience



Option: signaling

7. Which word means made a choice or decision?

Option: delighted

Option: spotted

Option: opted

Option: rumors

8. Which word means deserving attention because of excellence or worth?

Option: opted

Option: notable

Option: gathering

Option: intriguing

9. Which word means collected; assembled?

Option: pressure

Option: complex

Option: gathered

Option: insomnia

10. Which word means the continuous physical force exerted on or against an object by something in contact with it?

Option: infringing

Option: opted

Option: pressure

Option: opulent

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

11. A white dove often _____ peace.

12. The textbook provides a _____ overview of the subject.

13. She suffered from _____ and could not sleep for days.

14. The author holds the _____ to his literary works.

15. The treaty included various _____ for humanitarian aid.

16. The couple got _____ after a year of dating.



17. Good _____ practices are essential for public health.
18. There were circulating _____ about his sudden resignation.
19. All their hard work _____ in a spectacular performance.
20. The palace was decorated in an _____ style with luxurious furnishings.

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

21. The traffic light was for the cars to stop.
22. The instructions for assembling the furniture were quite .
23. The decision she made was in determining the company's future.
24. The movie's ending was so that it brought tears to many viewers.
25. The children were with their new toys.
26. She a rare bird in the park.
27. His speech was a reminder of the importance of humility.
28. Copying the software without permission is on the company's rights.
29. The mystery novel had a plot full of twists and turns that kept readers engaged.
30. The various departments in the company are and rely on each other for smooth operations.

Answer

Multiple Choice: 1. illustrious 2. corroded 3. influx 4. extravagant 5. boundaries 6. resilience 7. opted 8. notable 9. gathered 10. pressure

Gap-Fill: 11. symbolizes 12. comprehensive 13. insomnia 14. copyright 15. provisions 16. engaged 17. hygiene 18. rumors 19. culminates 20. opulent

Matching sentence: 1. signaling 2. complicated 3. pivotal 4. poignant 5. delighted 6. spotted 7. humbled 8. infringing 9. intriguing 10. interconnected

CATEGORY

1. Entertainment - LEVEL4



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Author

aimeeyoung99

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