



Unlock Better Sleep: Seeing the Bigger Picture for Rest

Description

Sleep-tracking devices are popular because they help people track their sleep habits. These devices can show how long you slept and the quality of your sleep. They also give insights into how you might feel the next day.

However, most sleep scientists say that the data from these devices may not be accurate. Focusing too much on the numbers can make you worry too much about your sleep quality, which can lead to worse sleep. This is called orthosomnia.

It's important to look at the bigger picture when it comes to sleep. Good sleep is important for our health, and it's not just about the hours we sleep. Things like our diet, our individual needs, and our daily activities also play a role in how well we sleep.

While it's good to try and improve your sleep, you don't need to stress about creating the perfect sleep conditions. Remember, good sleep isn't just about the hours you spend asleep; it's also about what you do during the day.

Vocabulary List:

1. **Orthosomnia** /ˌɔːr.θəˈsɒm.ni.ə/ (noun): An obsession with perfect sleep that can lead to anxiety and worsened sleep quality.
2. **Insights** /ˈɪn.saɪts/ (noun): The capacity to gain an accurate and deep understanding of someone or something.
3. **Habits** /ˈhæb.ɪts/ (noun): A settled or regular tendency or practice especially one that is hard to give up.
4. **Quality** /ˈkwɒl.ɪ.ti/ (noun): The standard of something as measured against other things of a similar kind; the degree of excellence of something.
5. **Stress** /streɪs/ (verb): To give particular emphasis or importance to something.
6. **Diet** /ˈdaɪ.ət/ (noun): The kinds of food that a person animal or community habitually eats.

Comprehension Questions

Multiple Choice

1. What is the main reason sleep-tracking devices are popular?



- Option: To track sleep habits
- Option: To track daily steps
- Option: To monitor heart rate
- Option: To count calories burned

2. What is orthosomnia?

- Option: The fear of going to sleep
- Option: Worrying too much about sleep quality from sleep-tracking data
- Option: A sleep disorder causing excessive daytime sleepiness
- Option: A device that tracks sleep patterns

3. According to sleep scientists, why may data from sleep-tracking devices not be accurate?

- Option: They are designed to show inaccurate data
- Option: Focusing too much on the data can lead to worse sleep
- Option: They malfunction often
- Option: They do not gather enough data

4. What role do diet and daily activities play in determining sleep quality?

- Option: No role
- Option: Significant role
- Option: Minimal role
- Option: Only diet plays a role

5. What is important to consider when trying to improve sleep according to the text?

- Option: Stressing over perfect sleep conditions
- Option: Focusing solely on the hours of sleep
- Option: Ignoring daily activities
- Option: Considering the bigger picture

6. What is emphasized as crucial for good sleep according to the text?

- Option: Sleeping more than 10 hours
- Option: Eating late at night
- Option: Hours spent awake
- Option: Daily habits and activities

True-False

7. Sleep-tracking devices accurately measure sleep quality.



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8. Orthosomnia refers to excessive worrying about sleep quality.
9. Good sleep is only dependent on the number of hours slept.
10. Stressing over creating perfect sleep conditions is beneficial for sleep.
11. According to sleep scientists, focusing too much on sleep-tracking data can lead to worse sleep.
12. Daily activities have no impact on sleep quality.

Gap-Fill

13. According to sleep scientists, focusing too much on the data from sleep-tracking devices can lead to _____ sleep.
14. Good sleep is not just about the hours spent asleep; it also depends on our diet, individual needs, and _____ activities.
15. It's important to avoid _____ about creating the perfect sleep conditions.
16. Focusing on the bigger picture when it comes to sleep means considering factors beyond just the number of hours we _____.
17. Sleep-tracking devices are popular because they help people track their sleep _____.
18. It's crucial to remember that good sleep is not solely about the hours we spend asleep but also about what we do _____.

Answer

Multiple Choice: 1. To track sleep habits 2. Worrying too much about sleep quality from sleep-tracking data 3. Focusing too much on the data can lead to worse sleep 4. Significant role 5. Considering the bigger picture 6. Daily habits and activities

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

Gap-Fill: 13. worse 14. daily 15. stressing 16. sleep 17. habits 18. during the day



Answer

CATEGORY

1. Sci/Tech - LEVEL2

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