

Ten tips for a good night's sleep

<p>This task set contains: Teacher instructions Reading text Learner response sheet Answer key</p>	<p>Marking and feedback to learners When marking the learners' responses please adhere strictly to any answer key provided in the task set. As it is critical to keep all documents in the task set secure for future assessment purposes, please DO NOT hand out the answer key after marking or allow learners to keep their corrected response sheets when giving feedback.</p>
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Learning Context

Insert information about how the students were prepared for the task; e.g., vocabulary instruction, discussions on the topic, grammatical preparation, practice similar skills or activities in other contexts.

Assessor instructions for administering the task

1. Tell learners what they have to do; i.e., read the text and then answer the questions with information from the text. Read out the assessment conditions.
2. Give the learners the reading text and response sheet.
3. Inform learners of compulsory questions that must be correct in order to achieve the Learning Outcome. Say: *To achieve this learning outcome you must answer these questions correctly: 4 and 6 and 7 and 8 and three questions out of 1, 2, 3 and 5.*
4. Collect all reading texts and response sheets from the learners.

Conditions for assessment

1. Learners may use dictionaries.
2. Learners must read the questions but answers may be performed, spoken or written.

Answer key

In order to achieve the learning outcome, learners must identify the topic (Q8), demonstrate understanding of actions required and sequence (Q7), demonstrate understanding of grammatical structures signalling required action (Q6) and demonstrate understanding of technical vocabulary (Q4) —at least 3 of the remaining 4 questions.

Note that sentences need not be grammatically correct or in sentence form, but errors must not interfere with meaning.

1. *Any one of* mood, concentration, memory, quality of life
2. Try to go to bed at the same time every evening and get up at the same time every morning
3. *One of* television, computers ...
4. stimulant
5. They do not fix the cause of the sleeping problem.
6. *Both (a) & (b) required*
 - a) not staying in bed
 - b) turn the clock around
7. 1, 3, 5, 2, 4.
8. Sleeping well



Are you a student? Here are

TEN TIPS for a good night's sleep

- Over recent years we have come to understand how important sleep is to our health and well-being.
- With good nutrition and exercise, sleep is now recognised as one of the pillars of good health.
- A lack of sleep can have a major impact on mood, concentration, memory and quality of life.
- Medical sleep disorders have been shown to contribute to other serious health problems

1. Have a regular sleep pattern.

Try to go to bed at the same time every evening and get up at the same time every morning. This will help your body to work out a healthy sleep routine.

2. Spend the right amount of time in bed.

Most adults need about 8 hours sleep every night. Some require more and some less. If you often take hours to fall asleep, go to bed later. Remember that children need more sleep than adults.

3. Bed is for sleeping, not entertainment.

Television, computers and other distractions can interfere with your sleep. It is better not to sleep with your TV on. Your mind needs to be in the habit of knowing that if you are in bed, you are there to sleep. Don't stay in bed if you are wide awake.

4. Wind down and relax before going to bed.

Have a buffer zone before bedtime. Sort out any problems well before going to bed. You can do this by setting aside a 'worry time' during the day. Once you have done this, you can go over the day's activities and work out a plan of action for the next day. Make sure you shut down your computer at least one hour before bedtime as the blue screen will suppress the hormone that makes us sleepy. Exercise is fine, but finish it early in the evening. If you have a relaxation technique that works for you, use it.

5. Make sure your bedroom is comfortable.

You should have a quiet, dark room with comfortable bedding and good temperature control.

6. Alcohol, caffeine and cigarettes—to be avoided.

Alcohol may help you to get off to sleep, but will disrupt your sleep during the night. Caffeine (tea, coffee, cola drinks) and the nicotine in cigarettes are stimulants that can keep you awake.

7. Avoid daytime naps.

Sleeping during the day will make it much more difficult to sleep well at night. If a nap is absolutely necessary, for example because of a late night, then limit this to about 30 minutes. Make sure that you are awake for at least 4 hours before going back to bed. Don't allow yourself to fall asleep in front of the TV—not even for a minute.

8. Don't lie awake watching the clock.

Watching the time on a clock just makes you anxious about not being asleep. If possible take the clock out of your bedroom. If you need the clock for the alarm, turn it around so that you cannot see the time.

9. Avoid sleeping pills except in exceptional circumstances.

They do not fix the cause of your sleeping problem.

10. You may need professional help.

If you are still having trouble sleeping, if you have persistent problems with mood, restlessness in bed, severe snoring or wakening unrefreshed despite what should be adequate length sleep, make sure that you go and see your doctor.

Sources: adapted from <http://www.sleephealthfoundation.org.au/fact-sheets-a-z/225-tips-for-a-good-night-sleep.html> accessed 20/04/2017 <http://www.learnersdictionary.com/definition/stimulant> accessed 24/04/2017

Name of learner _____ Date _____

Task Instructions: Read the text and then answer the 8 questions.

1. What is one thing lack of sleep can affect? _____

2. How can my body work out a healthy sleep routine? _____

3. Give an example of a distraction that can interfere with my sleep.

4. Which word in the text means 'something (such as a drug) that makes you more active or gives you more energy'? _____

5. Why should I avoid taking sleeping pills? _____

6. a) It's the middle of the night, and I am wide awake. The advice recommends _____

b) I need to use an alarm clock. What should I do to avoid seeing the time when I wake up in the night? _____

7. Number the following activities in the order in which you do them. Write 1 in the box next to the first activity you do and 5 in the box next to the last activity you do.

- Finish your exercise early in the evening.
- Set aside a 'worry time' during the day.
- Use a relaxation technique if you have one.
- Go over the day's activities and work out a plan of action for the next day.
- Shut down your computer at least one hour before bedtime.

8. Tick the correct answer. The topic of this text is:

- sleep disorders
- alcohol and medications
- staying awake
- sleeping well

Name of learner _____ Date _____

For teachers/assessors only	
The learner:	Assessor ticks questions answered correctly and ticks outcomes achieved.
3.1 identifies topic.	Qu. 8 <input type="checkbox"/> 3.1 <input checked="" type="radio"/>
3.2 demonstrates understanding of actions required and sequence.	Qu. 2 <input type="checkbox"/> Qu. 7 <input type="checkbox"/> 3.2 <input type="radio"/>
3.3 demonstrates understanding of grammatical structures signalling required action.	Qu. 6 <input type="checkbox"/> 3.3 <input type="radio"/>
3.4 demonstrates understanding of technical vocabulary.	Qu. 1 <input type="checkbox"/> Qu. 3 <input type="checkbox"/> Qu. 4 <input type="checkbox"/> Qu. 5 <input type="checkbox"/> 3.4 <input type="radio"/> Three of these must be correct in order to demonstrate 3.4.

Outcome of task:	Date:
Name and signature of assessor:	
Name and signature of learner:	