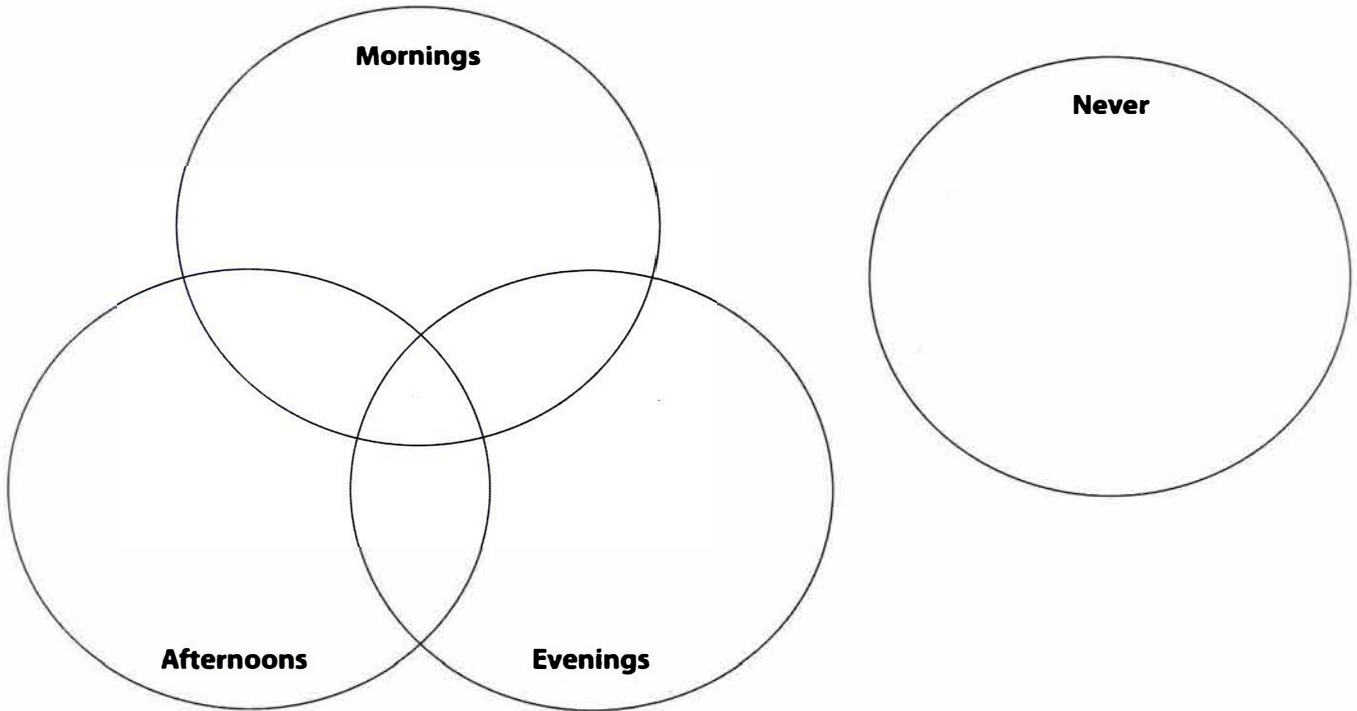


Part 1

When do you usually do these activities? Write them in the correct place in the diagram.

- check e-mail watch TV talk on the phone study take a shower exercise



Part 2

Add three more activities to the diagram in Part 1. In class, compare your ideas with a partner.

Part 3

Answer the questions so they are true for you. In class, take turns asking and answering the questions with a partner.

1. On the days when you get up early, what time do you wake up? _____
2. When do you usually have lunch? _____
3. What time do you usually get home on Wednesdays? _____
4. What time do you usually eat dinner on Fridays? _____
5. When do you usually go to bed? _____
6. What time do you get to class on Thursday? _____
7. Do you usually talk on the phone every day? _____

Part 1

Read the journal article.

Mobile Phones before Bed

What do you usually do in the hour before you go to bed? If you are like most Americans 19-29 years old, you talk on your mobile phone, use your computer, or watch TV. But doing those things might be keeping you up at night.

These people said, on average, that they go to sleep at about midnight on weekdays and get up seven hours later. Interestingly, younger people, 13-18 years old, do the same things before bed, but they get up 40 minutes earlier on weekdays. However, because they also go to bed one hour earlier, they actually get more sleep than the older people.



Complete the sentences.

1. People who are 19-29 years old usually get up around _____.
2. This article is about people who live in _____.
3. The younger and older people _____ before bed.
4. People who are 13-18 years old go to bed at _____ and get up at _____ on weekdays.
5. People who are 13-18 years old sleep _____ than people who are 19-29 years old.

PAIR WORK Discuss the questions.

How would the students in your country answer the question in the article? How would you answer? What are the main reasons people stay up late instead of going to bed early?

Part 2

Write an article about the eating routines of young people in your country. What time and where do they eat? Who do they eat with? Imagine students in another country will read it.

Part 3

As a class, think about your **Pair work** answers and **Part 2** articles. Do sleep routines change eating routines?