NEWS LESSON

Is It Bad to Sleep Late on Saturday?



BEFORE YOU READ

1 Warm up

Talk about these questions with a partner.

1. What makes a weekend morning feel well spent?
2. Would you choose an extra hour in bed or an unhurried breakfast?
3. Can a day off become another thing to organise perfectly?

2 Key words

These words are in the article. Write the letter of the meaning (A to H) in each box.

1	**lie-in**	☐	A	a link between two things
2	**recover**	☐	B	good things that you get from something
3	**benefits**	☐	C	staying in bed later than usual in the morning
4	**routine**	☐	D	get better, or get your energy back
5	**connection**	☐	E	the chance that something bad will happen
6	**upset**	☐	F	the things you do in the same way every day
7	**risk**	☐	G	change something, or have an effect on it
8	**affect**	☐	H	make something go wrong

3 Read

Read the article and underline the key words from task 2. The paragraphs are numbered.

Doctors usually say wake at the same time every day. A study of 40,000 adults suggests an extra hour may help.

1 It's Saturday morning. Your alarm does not ring, and you stay in bed for another hour. When you finally get up, you feel wonderful. But then you remember something you have heard many times: doctors say we should wake up at the same time every day. Have you done something unhealthy by enjoying a lie-in? New research suggests that the answer may not be so simple.

2 In August 2026, scientists presented a study about weekend sleep and blood pressure. They looked at information from around 40,000 adults in South Korea over seven years. People who slept a little longer at weekends were less likely to have high blood pressure than people who did not catch up on sleep. The researchers found that about an extra hour and a half was linked to a particularly positive result.

3 High blood pressure can be dangerous because it increases the risk of heart disease and stroke. Not getting enough sleep may put extra pressure on the body. Many adults have to get up early during the working week, even after a late night. By Friday, they feel exhausted. An extra hour in bed may help them recover from some of that lost sleep.

4 But the study does not mean that everyone should sleep until lunchtime on Sunday. People who slept much longer than usual did not appear to get the same benefits. Changing your sleeping times too much can also upset your body clock. The research found a connection, but it did not prove that a weekend lie-in directly prevents high blood pressure.

5 Sleep experts still recommend a regular routine. Going to bed at a sensible time and waking up at similar hours helps your body know when to feel sleepy. Exercise, food and stress also affect health. A lie-in cannot make up for every unhealthy habit. And people who regularly sleep badly may need to work out what is causing the problem rather than simply sleep longer at weekends.

6 So should you feel guilty about a lie-in? The study cannot answer that for every person. It suggests that a little extra sleep at the weekend is not necessarily harmful, and that it may help tired adults. A good night's sleep during the week still matters most.

Sources: The Guardian. Picture: AI illustration.

4 True, false or not given

Circle **T** (true), **F** (false) or **NG** (the article does not say).

1. Most South Korean adults sleep later at weekends than on weekdays. T F NG
2. The researchers used information from around 40,000 adults in South Korea. T F NG
3. People who slept much longer than usual did not get the same benefits. T F NG
4. The research proved that a weekend lie-in prevents high blood pressure. T F NG
5. The study says that everyone should sleep until lunchtime on Sunday. T F NG

5 Vocabulary

Complete the sentences with words from the box. Two words are not needed.

anxious	careless	exhausted	habit	harmful	positive	sensible

1. After running a marathon, he was completely _____ and went straight to bed.
2. It is _____ to check the weather before you plan a long walk.
3. Too much sun can be _____ to your skin.
4. The doctor had some _____ news: the test results were good.
5. Biting your nails is a bad _____ that many people find hard to stop.

6 Verb forms

Write the correct form of the verb in brackets.

1. In August 2026, scientists _____ a study about weekend sleep. (PRESENT)
2. But then you remember something you have _____ many times. (HEAR)
3. The adults in the survey _____ more at weekends than on weekdays. (SLEEP)
4. Not _____ enough sleep may put extra pressure on the body. (GET)
5. High blood pressure _____ the risk of heart disease and stroke. (INCREASE)

7 Language focus: linking words

Complete the sentences with words from the box. Two words are not needed. Think about the idea each word brings: a reason, a result, a contrast, a condition or a choice.

although	because	if	moreover	or	so	therefore

1. The doctor says sleep is important _____ it helps the body recover.
2. It was Saturday, _____ Maria stayed in bed for an extra hour.
3. _____ the alarm was off, Tom woke up at seven.
4. _____ you want a calm Sunday, try switching off your phone.
5. Go to bed earlier tonight, _____ you will feel tired tomorrow.

SPEAK

8 Talk about it

Discuss in pairs or small groups. Give reasons for your answers.

1. Should people feel bad about sleeping late on a free day?
2. Would a simple sleep routine make your weekend easier or less free?
3. What would a restful Sunday look like without tracking anything?

9 Role-play: a quiet Saturday morning

Work in pairs. Read your card, then have the conversation. Swap roles and do it again.

Student A · the flatmate who wants to sleep late

It's Saturday and you've had a long, tiring week. You want to stay in bed until ten. Explain why, and suggest a plan that works for both of you.

Student B · the flatmate who wants an early start

You want to go out for breakfast at eight and then tidy the flat. Ask your flatmate to join you. Listen to their reasons and try to agree on a compromise.

Useful phrases

- I'd really like to stay in bed this morning.
- It's been a long week and I'm exhausted.
- Could we go for breakfast a bit later?
- I'd rather start early, if that's okay.
- That's fair, so how about we meet at nine?
- Let's compromise: you tidy now and I'll cook later.

Afterwards, tell the class: what did you agree, and was it a fair compromise?

ANSWER KEY

2 Key words

1 C · 2 D · 3 B · 4 F · 5 A · 6 H · 7 E · 8 G

4 True, false or not given

1 NG · 2 T · 3 T · 4 F · 5 F

5 Vocabulary

1 exhausted · 2 sensible · 3 harmful · 4 positive · 5 habit

6 Verb forms

1 presented · 2 heard · 3 slept · 4 getting · 5 increases

7 Language focus

1 because · 2 so · 3 Although · 4 If · 5 or

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