NEWS LESSON

Your Watch Says You Slept Badly



BEFORE YOU READ

1 Warm up

Talk about these questions with a partner.

1. Would a poor sleep score change how you felt about a good night's sleep?
2. What makes health information useful rather than worrying?
3. Would you rather follow a device or how you felt in the morning?

2 Key words

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

1	**score**	☐	A	worried about something
2	**patients**	☐	B	a number that shows how well or badly you did
3	**diagnosis**	☐	C	things that happen again and again in the same way
4	**concerned**	☐	D	to make something happen the way you want
5	**patterns**	☐	E	a doctor's decision about what illness someone has
6	**competition**	☐	F	people who are being treated by a doctor
7	**device**	☐	G	a game or race where people try to win
8	**control**	☐	H	a small machine, like a phone or a watch

3 Read

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

You wake up feeling fine. Then your smartwatch gives you a low score and the day starts badly.

1 You wake up feeling refreshed. Then you look at your smartwatch. It gives you a poor sleep score. Suddenly, you begin to wonder whether you slept badly after all. Can technology make sleep more stressful than it needs to be?

2 Smartwatches and sleep apps can estimate how long we sleep and how often we wake up. Some also show numbers for different stages of sleep. These tools can be interesting, especially for people trying to understand their routines. But the numbers are not always perfectly accurate.

3 In 2017, sleep researchers described a problem they called orthosomnia. They had seen patients becoming so worried about their sleep-tracker results that they focused on trying to achieve perfect scores. The term describes a pattern of behaviour discussed in clinical reports; it is not an official diagnosis for everyone who uses a watch.

4 Good sleep is important, but it is not something we can completely control. People sometimes wake up during the night or sleep badly before an important day. Worrying about every minute can make it harder to switch off at bedtime.

5 Sleep trackers may still be useful. They can help us work out our habits, such as going to bed at very different times. However, an app cannot always tell us how we feel. Someone who is concerned about ongoing sleep problems should speak to a healthcare professional rather than depend only on a score.

6 One reason sleep scores are attractive is that we like clear answers. If our watch says 85 out of 100, we know whether that is better than yesterday. But our bodies are not machines that work exactly the same way every night. Some people need more sleep than others, and busy days, travel or worries can change how we sleep.

7 A person may feel tired after a night with a good score, or surprisingly energetic after a night with a lower one. These differences do not always mean the technology has failed. The score is simply one estimate from one device. We can pay attention to useful patterns without taking every number personally. Sleep should help us live our lives, not become another thing to worry about all day.

8 Perhaps the best question in the morning is not 'How did my watch rate me?' It is 'How do I actually feel?' Sleep is necessary for life, not a competition that we have to win every night.

Sources: Journal of Clinical Sleep Medicine. Picture: AI illustration.

4 True, false or not given

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

1. Orthosomnia is an official diagnosis for everyone who uses a watch. T F NG
2. Busy days, travel or worries can change how a person sleeps. T F NG
3. Most people stop using their sleep tracker within a year. T F NG
4. A tracker can help a person see that they go to bed at very different times. T F NG
5. Someone with sleep problems that do not go away should only trust the score. T F NG

5 Vocabulary

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

accurate	attractive	estimate	necessary	ongoing	professional	routines

1. A tracker that is not _____ can give you the wrong idea about your night.
2. A smartwatch can _____ how long you were asleep, but it cannot be completely sure.
3. Brushing your teeth and reading a book are part of many people's bedtime _____ .
4. If you have _____ sleep problems that last for months, see a doctor.
5. A doctor is a healthcare _____ , so ask them if you are worried.

6 Verb forms

Write the correct form of the verb in brackets.

1. Last night I _____ badly because I was worried about work. (SLEEP)
2. She _____ up at 3 am and could not get back to sleep. (WAKE)
3. My watch _____ me a low score yesterday. (GIVE)
4. They focused on trying _____ perfect scores. (ACHIEVE)
5. These differences do not always mean the technology _____ failed. (HAVE)

7 Language focus: linking words

Complete the sentences with words from the box. Two words are not needed. Some linking words give a reason (because), some give a result (so) and some show a difference (but, however).

because **but** **however** **if** **or** **so** **unless**

1. I felt tired all day _____ I had a bad night.
2. The watch was wrong last night, _____ I stopped trusting it.
3. The score looked bad. _____ , I felt fine.
4. Trackers are useful, _____ they cannot tell us how we feel.
5. Is it better to follow the watch _____ to follow how you feel?

SPEAK

8 Talk about it

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

1. What should a sleep tracker tell someone besides a score?
2. When does measuring a habit stop helping?
3. Would you try a week without checking your sleep data?

9 Role-play: should we try a sleep tracker?

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

Student A · the tracker fan

You wear a smartwatch and check your sleep score every morning. You think the numbers help you. Explain why, and try to persuade your partner to wear one for a week.

Student B · the sceptic

You don't use a tracker. You think scores can make people worry. Ask questions, say what worries you, then decide: yes, no, or yes with a condition.

Useful phrases

I check my score every morning.
It helps me see my habits.
Don't you think it can make you worry?
I'm not sure the numbers are always right.
I'd try it for a week if I didn't have to check it daily.
Could we agree on one week and then talk again?

Afterwards, tell the class: will your partner try a tracker, and why?

ANSWER KEY

2 Key words

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

4 True, false or not given

1 F · 2 T · 3 NG · 4 T · 5 F

5 Vocabulary

1 accurate · 2 estimate · 3 routines · 4 ongoing · 5 professional

6 Verb forms

1 slept · 2 woke · 3 gave · 4 to achieve · 5 has

7 Language focus

1 because · 2 so · 3 However · 4 but · 5 or

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