



Especially in big cities, people sleep less and less, and it has a big impact on their physical and mental health.

The COVID-19 pandemic caused people to sleep less and the quality of their sleep was worse. The reason was **stress**. Many people could not do the things which they normally did, so they got up and went to sleep at different times. This was not good because they needed **routines** in their lives.

When people do not sleep enough, they are at higher risk of some diseases such as heart disease or **obesity**. Less sleep also affects their mood and thinking. Another problem is that many people think that they have to sleep less so they can work more.

Difficult words: **stress** (great worry which comes when someone is in a difficult situation), **routine** (when a person does usual things at usual times), **obesity** (when a person is very fat, and it is dangerous for his health).

**Discussion Questions****Topic Talk**

1. Define the following words: *stress, routine and obesity*
2. How does the COVID-19 pandemic affect people's sleep?
3. Why do most people tend to sleep less under the COVID-19 pandemic?
4. What can happen when people don't get enough sleep repeatedly?

Express Your Thoughts

1. How important sleep for you? Do you think you get enough sleep every day?
How many hours sleep do you get?
2. Under this COVID-19 pandemic, have you had any trouble sleeping? If yes, how has it affected you (*physically, your mood or thinking*)?
3. Did you realize how bad the impact could be to our health if we don't get enough sleep constantly?
4. What do you advise people to do in order to get enough sleep every day?