

Irritating British Bedtime Habits

You have just got off to sleep when suddenly your partner decides to tuck the duvet around them and roll away from you. This 'tuck and roll', as it's called, is one of a number of irritating bedtime habits that have been revealed in a recent survey of British couples - according to Britain's *Daily Telegraph* newspaper. Another is the 'midnight shuffle' where one sleeper moves away from the other and is slowly followed across the bed by their partner. Eventually, the creeper forces the other to hang on precipitously off the edge of the bed until they are woken up and crossly sent back from where they came. Nearly a fifth (19%) of respondents aged 25-50 complained about the problem. The survey of 1,000 people by Debenhams, the British department store, revealed some other interesting habits, for example, snoring, talking and fidgeting and the grinding of teeth. Surprisingly flatulence under the covers only accounts for one per cent of complaints!

10% of those questioned had got so annoyed with their other half's habits that they had pushed them out of bed. Those suffering from disturbed sleep said they lost an average of two hours sleep every night. The study found that 80% had considered moving into a second bedroom in order to get a more peaceful nights sleep. Jessica Alexander, from the Sleep Council, said: "Research shows that one in ten couples have separate beds. "However, one out of five would love to have their own bed if only their partner would suggest it. A really big bed and separate bedding might solve some of the problems, but if sleeping habits are desperately different, then separate beds or bedrooms is the only answer. You can still have all the cuddles and intimate moments before retiring to get a good night's sleep."

The top ten irritating bedroom complaints: (10) Flatulence - 1% (9) Sleep walking - 3%; (7=) Twitching - 4%; (7=) Drooling - 4%; (6) Talking - 5%; (5) Kicking and fidgeting - 6%; (4) Teeth grinding - 7%; (3) Snoring - 9%; (2) Midnight shuffle - 19%; (1) Tuck and roll - 42%.

Category: Survey / Britain / Bedtime habits
Level: Intermediate / Upper intermediate

EXERCISES

1. Duvets & beds: What is a duvet? Do you have a duvet? Do you share your duvet? What other bedding do you have on your bed? What is the width of your bed?

2. Irritating bedtime habits: What irritating bedtime habits do you know of – that your partner may have for example. Go round the room swapping details.

3. Dictation: The teacher will read four to six lines of the article slowly and clearly. Students will write down what they hear. The teacher will repeat the passage slowly again. Self correct your work from page two - filling in spaces and correcting mistakes. Be honest with yourself on the number of errors. Advise the teacher of your total number of errors. Less than five is very good. Ten is acceptable. Any more is room for improvement! More than twenty - you need to do some work!

4. Reading: The students should now read the article aloud, swapping readers every paragraph.

5. Vocabulary: Students should now look through the article and underline any vocabulary they do not know. Look in dictionaries. Discuss and help each other out. The teacher will go through and explain any unknown words or phrases.

6. The article: Students should look through the article with the teacher.

- a) What is the article about?
- b) What do you think about the article?

7. Let's think! Think of two general irritating habits you have. Then add two you dislike others doing. Write them below. Explain to your partner about them.

| Two of your irritating habits | Two you dislike others doing |
|-------------------------------|------------------------------|
| 1 | 1 |
| 2 | 2 |

The teacher will choose some pairs to discuss their findings in front of the class.

8. Irritating habits! Look at the list of irritating habits you don't like below. Add two of your own! Then list them in irritating order e.g. 12 = most irritating; 1 = least irritating. Discuss with your partner.

| | |
|---|----------------------------------|
| 1) Being late | 7) Not sharing household chores |
| 2) Bad driving | 8) Being criticised in public |
| 3) Amount of time getting ready | 9) Leaving a mess in the bedroom |
| 4) Choice of clothes | 10) Personal hygiene |
| 5) Food issues – including dieting, table manners and faddiness | |
| 6) Control of TV channel being watched | |
| Your choice 1 _____ | Your choice 2 _____ |

The teacher will choose some pairs to discuss their findings in front of the class.

Irritating British Bedtime Habits – 30th December 2011

9. Let's do 'The Article Quiz': Have the students quiz each other in pairs. They score a point for each correct answer and half a point each time they have to look at the article for help. See who can get the highest score!

Student A

- 1) Name the newspaper.
- 2) Name the store.
- 3) Where is Jessica Alexander from?
- 4) What is 'tuck and roll'?
- 5) What is flatulence?
- 6) What is snoring?

Student B

- 1) What is the 'midnight shuffle'?
- 2) How many people took part in the survey?
- 3) What is twitching? Demonstrate!
- 4) What is drooling?
- 5) What did 80% of people consider doing?
- 6) What did one in ten couples have?

10. Men's and women's irritating habits! Think of three irritating habits men have. Add three others women have. Discuss first with your partner then compare with what others in the class have. What conclusions do you come to?

| Men's irritating habits! | Women's irritating habits! |
|--------------------------|----------------------------|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |

The teacher will choose some pairs to discuss their findings in front of the class.

11. Sentence starters: Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- a) My irritating habits _____
- b) The survey _____
- c) Tuck and roll _____
- d) The Midnight shuffle _____

12. Quickfire session: In a group the teacher asks students, "*Irritating bedtime habits include...*"

13. Roleplay: *In pairs:* Imagine you are in a pub. The conversation gets onto what one of you did in today's English lesson in class – *Irritating bedtime habits and irritating habits*. Discuss. Compare it to typical bad habits in your country? *5-minutes.*

14. Let's write an e-mail: Write and send a 200 word e-mail to your teacher about: *Irritating habits* in your country. Your e-mail can be read out in class.

DISCUSSION

Student A questions

- 1) Did the headline make you want to read the article?
- 2) Do you do any of the things listed in the irritating bedtime habits survey?
- 3) Do you suffer from a disturbed night's sleep? If yes, why?
- 4) Do you grind your teeth in bed?
- 5) Are two beds better than a double bed?
- 6) Do you do the 'midnight shuffle'?
- 7) Do you prefer a really large bed or a small one?
- 8) Do you like to 'tuck and roll' in bed?
- 9) What do you think of flatulence in bed?
- 10) Would you consider spending the night in a separate bedroom?

Student B questions

- 1) What do you think of the Debenhams survey?
- 2) Have you ever had to change bedrooms in order to get a good night's sleep?
- 3) Do you know anyone who sleep walks?
- 4) Have you ever been kicked in bed by someone?
- 5) Do you snore?
- 6) What three things really irritate you most?
- 7) Do you talk in your sleep?
- 8) Do you or have you ever sleep walked?
- 9) Do you drool?
- 10) Did you like this discussion?

SPEAKING

Let's brainstorm! Irritating habits

Allow 10-20 minutes - Small groups / pairs / 1 to 1

Brainstorm some ideas about **irritating habits**. Choose a spokesperson who can present your ideas to the class at the end of your preparation. Present it visually or use the board etc... Try to be imaginative!

| | |
|---|--|
| Five irritating habits at school | Five irritating habits at work |
| Five irritating habits in the living room | Five irritating habits in the car |
| Five irritating habits in the bathroom | Five irritating habits in a restaurant |

The teacher can moderate the session.

GAP FILL: READING

Put the words into the gaps in the text.

Irritating British Bedtime Habits

You have just got off to (1)_____ when suddenly your partner decides to tuck the (2)_____ around them and roll away from you. This 'tuck and roll', as it's called, is one of a number of (3)_____ bedtime habits that have been revealed in a recent survey of British couples - according to Britain's *Daily Telegraph* newspaper. Another is the 'midnight shuffle' where one sleeper moves away from the other and is slowly followed across the bed by their partner. Eventually, the (4)_____ forces the other to hang on precipitously off the edge of the (5)_____ until they are woken up and crossly sent back from where they came. Nearly a fifth (19%) of respondents aged 25-50 complained about the problem. The survey of 1,000 people by Debenhams, the British department store, revealed some other interesting (6)_____, for example, (7)_____, talking and (8)_____ and the grinding of teeth. Surprisingly flatulence under the covers only accounts for one per cent of complaints!

10% of those questioned had got so (1)_____ with their other half's habits that they had pushed them out of bed. Those suffering from disturbed sleep said they lost an (2)_____ of two hours sleep every night. The study found that 80% had considered moving into a second (3)_____ in order to get a more peaceful nights sleep. Jessica Alexander, from the Sleep Council, said: "Research shows that one in ten couples have (4)_____ beds. "However, one out of five would love to have their own bed if only their (5)_____ would suggest it. A really big bed and separate bedding might (6)_____ some of the problems, but if sleeping habits are desperately different, then separate beds or bedrooms is the only answer. You can still have all the (7)_____ and (8)_____ moments before retiring to get a good night's sleep."

snoring

duvet

bed

irritating

creeper

fidgiting

habits

sleep

solve

average

partner

annoyed

intimate

separate

bedroom

cuddles

GAP FILL: LISTENING

Listen and fill in the spaces.

Irritating British Bedtime Habits

You have just _____ suddenly your partner decides to tuck the duvet around them and roll away from you. This 'tuck and roll', as it's called, _____ of irritating bedtime habits that have been revealed in a recent survey of British couples - according to Britain's *Daily Telegraph* newspaper. Another is the '_____ ' where one sleeper moves away _____ slowly followed across the bed by their partner. Eventually, the _____ other to hang on precipitously off the edge of the bed until they are woken up and crossly sent back from where they came. Nearly a fifth (19%) of respondents aged 25-50 complained about the problem. The survey of 1,000 people by Debenhams, the British department store, revealed some other interesting habits, for example, snoring, talking and fidgeting and _____. Surprisingly flatulence under the covers only accounts for one per cent of complaints!

10% of those questioned _____ with their other half's habits that they had pushed them out of bed. Those suffering _____ said they lost an average of two hours sleep every night. The study found that 80% had considered moving into a second bedroom in order to get a more peaceful nights sleep. Jessica Alexander, from the Sleep Council, said: "Research shows that one in ten couples have separate beds. "However, _____ love to have their own bed if only their partner would suggest it. A really big bed and separate bedding might solve _____, but if sleeping habits are desperately different, then separate beds or bedrooms is the only answer. You can still have _____ intimate moments before retiring to get a good night's sleep."

GRAMMAR

Put the words into the gaps in the text.

Irritating British Bedtime Habits

(1)___ have just got off to sleep when suddenly your partner decides to tuck the duvet around them and roll away from you. This 'tuck and roll', (2)___ (3)___ called, is one of a number of irritating bedtime habits that have been revealed in a recent survey of British couples - according to Britain's *Daily Telegraph* newspaper. Another is the 'midnight shuffle' where one sleeper moves away from the other and is slowly followed across the bed by their partner. Eventually, the creeper forces the other to hang on precipitously off the edge of the bed until they are woken up and crossly sent back from where they came. Nearly a fifth (19%) of respondents aged 25-50 complained about the problem. The survey of 1,000 people (4)___ Debenhams, the British department store, revealed some other interesting habits, for example, snoring, talking (5)___ fidgeting and the grinding of teeth. Surprisingly flatulence under (6)___ covers only accounts (7)___ one per cent (8)___ complaints!

10% of (1)___ questioned had got so annoyed with their other half's habits that they had pushed (2)___ out of bed. Those suffering from disturbed sleep said they lost an average of two hours sleep every night. The study found that 80% had considered moving into a second bedroom in order to get a more peaceful nights sleep. Jessica Alexander, from the Sleep Council, said: "Research shows (3)___ one in ten couples have separate beds. "(4)___, one out of five would love to have their own bed if only their partner would suggest it. A really big bed and separate bedding (5)___ solve some of the problems, but if sleeping habits are desperately different, (6)___ separate beds or bedrooms is the (7)___ answer. You can (8)___ have all the cuddles and intimate moments before retiring to get a good night's sleep."

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SPELLING TEST

The teacher will ask the class individually to spell the following words that are in the article. Afterwards, check your answers with your teacher, using the following ratings: **Pass = 12, Good = 15, Very good = 18, Excellent = 20**

| | | | |
|----|-------------|----|---------------|
| 1 | suddenly | 11 | surprisingly |
| 2 | eventually | 12 | intimate |
| 3 | creeper | 13 | irritating |
| 4 | according | 14 | fidgiting |
| 5 | duvet | 15 | precipitously |
| 6 | midnight | 16 | grinding |
| 7 | drooling | 17 | snoring |
| 8 | desperately | 18 | respondents |
| 9 | answer | 19 | peaceful |
| 10 | flatulence | 20 | separate |

ANSWERS

GAP FILL: Irritating British Bedtime Habits: You have just got off to **sleep** when suddenly your partner decides to tuck the **duvet** around them and roll away from you. This 'tuck and roll', as it's called, is one of a number of **irritating** bedtime habits that have been revealed in a recent survey of British couples - according to Britain's *Daily Telegraph* newspaper. Another is the 'midnight shuffle' where one sleeper moves away from the other and is slowly followed across the bed by their partner. Eventually, the **creeper** forces the other to hang on precipitously off the edge of the **bed** until they are woken up and crossly sent back from where they came. Nearly a fifth (19%) of respondents aged 25-50 complained about the problem. The survey of 1,000 people by Debenhams, the British department store, revealed some other interesting **habits**, for example, **snoring**, talking and **fidgiting** and the grinding of teeth. Surprisingly flatulence under the covers only accounts for one per cent of complaints!

10% of those questioned had got so **annoyed** with their other half's habits that they had pushed them out of bed. Those suffering from disturbed sleep said they lost an **average** of two hours sleep every night. The study found that 80% had considered moving into a second **bedroom** in order to get a more peaceful nights sleep. Jessica Alexander, from the Sleep Council, said: "Research shows that one in ten couples have **separate** beds. "However, one out of five would love to have their own bed if only their **partner** would suggest it. A really big bed and separate bedding might **solve** some of the problems, but if sleeping habits are desperately different, then separate beds or bedrooms is the only answer. You can still have all the **cuddles** and **intimate** moments before retiring to get a good night's sleep." (V1)



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