Level: B1 Intermedio

Skill: Reading

FOMO



Everybody knows how important it is for students to get a good night's sleep every night. You aren't able to do your best and keep up with all of your responsibilities unless you sleep well. I'm sure you already know that you should go to bed at a reasonable hour. Most experts agree that the optimum number of hours is eight, and this has been accepted as common sense for as long as I can remember. However, I was young once and I know that most of you get much less sleep than that – and in some cases it will be affecting your schoolwork.

I read an interesting article in a teachers' magazine recently. They did a study of 848 students in Wales. Worryingly, the results showed that teenagers are facing a new problem. They may go to bed and get up at appropriate times but a growing number are waking up in the middle of the night, not to use the bathroom or have a snack but because of a new phenomenon: FOMO – fear of missing out!

According to the article, schoolchildren are suffering because of a growing trend to wake up during the night to check social media. Afraid of missing a comment or opportunity to take part in a chat, teenagers are waking at all times of the night, going online and getting involved. All this when they should be sound asleep.

Experts are worried about this growing trend and the report reveals some worrying statistics that I'd like to share with you:

- 23% of 12 to 15-year-olds wake up nearly every night to use social media. Another 15% wake up at night once a week for the same reason.
- One in three students are constantly tired and unable to function to their full capacity.
- Students who use social media during the night are more likely to suffer from depression and anxiety.

So, I'd like to ask you to be responsible when it comes to social media. Be brave! Switch off your devices at night. The world won't end and your social media will be waiting to greet you in the morning! I give you my word that you won't have missed anything important.

Why is it important for students to get a good night's sleep?

a It helps them perform better academically.
b It allows them to keep up with their responsibilities.
c It improves their overall well-being.
d All of the above.

According to the article, what is FOMO?

a Fear of missing out on social events.
b Fear of missing out on sleep.
c Fear of missing out on schoolwork.
d Fear of missing out on social media interactions.

What is the main concern of experts regarding teenagers waking up during the night to check social media?

a It affects their ability to function to their full capacity.
b It increases their risk of depression and anxiety.
c It disrupts their sleep patterns.
d All of the above.

Based on the statistics mentioned in the text, what percentage of 12 to 15-year-olds wake up nearly every night to use social media?

a 23%
b 15%
c 38%
d 12%

What advice does the writer give regarding social media use at night?

a Be responsible and switch off devices.
b Limit social media use to certain hours.
c Check social media only during the day.
d Use social media for a limited time before bed.

LIVEWORKSHEETS