

Tên: .....



Week: 39

Lớp: S9...

Từ vựng HW: .....

Ngày giao bài: Thứ ....., ngày ...../.....

Nghe HW: .....

Ngày nộp bài: Thứ ....., ngày ...../.....

## SKILL BUILDER: LISTENING + SPEAKING

### A. EXTRA VOCABULARY

Con bấm vào link/code để nghe và đọc lại từ vựng nhé:

<https://soundcloud.com/ms-chi-english/for-week-39-extra-vocabulary>



No.	New words	Meanings	No.	New words	Meanings
1	<b>be desperate for something</b> (phr.)	rất cần/khao khát điều gì	7	<b>fixate on something</b> (phr.)	tập trung quá mức/ám ảnh vào điều gì
2	<b>take on an urgency</b> (phr.)	trở nên cấp bách/gấp gáp hơn	8	<b>evidence-based recommendations</b>	khuyến nghị dựa trên bằng chứng khoa học
3	<b>a slew of something</b> (phr.)	rất nhiều thứ gì	9	<b>cardiovascular disease</b> (n)	bệnh tim mạch
4	<b>doomsday messaging</b> (n)	kiểu thông điệp hù dọa về hậu quả nghiêm trọng	10	<b>orthosomnia</b> (n)	chứng ám ảnh về việc phải có giấc ngủ hoàn hảo
5	<b>counterproductive</b> (adj)	phản tác dụng	11	<b>cognitive behavioral therapy for insomnia</b> (phr.)	liệu pháp nhận thức hành vi cho chứng mất ngủ
6	<b>become obsessed with something</b> (phr.)	trở nên ám ảnh với điều gì	12	<b>a preoccupation with something</b> (phr.)	sự bận tâm/ám ảnh quá mức với điều gì

### B. CLASSWORK

#### LISTENING

Con làm bài nghe theo link/code sau:

<https://www.youtube.com/watch?v=fQUeDdaVoWo>




Watch the video and complete the following exercises.

**Exercise 1. Choose the correct answer A, B, or C.**

- What is the main problem with many online messages about sleep?**
  - They give simple advice but may make people more worried.
  - They say people should never use sleep-tracking devices.
  - They only focus on people who sleep more than eight hours.
- According to the speaker, why can the “seven to eight hours” message be misleading?**
  - Because adults actually need exactly six hours of sleep.
  - Because it is only an average and people’s sleep needs can be different.
  - Because sleep duration is not connected to health in any way.

3. **What does the speaker say about sleep-tracking devices?**  
 A. They always help people sleep better.  
 B. They are useful only for people with serious diseases.  
 C. They can make some people too focused on getting perfect sleep.
4. **What should people ask themselves to check if their sleep is probably fine?**  
 A. Whether they sleep exactly eight hours every night  
 B. Whether they feel reasonably rested and can stay awake during the day  
 C. Whether their sleep tracker gives them a perfect sleep score
5. **What does the speaker suggest people should do if they are struggling with sleep?**  
 A. Buy expensive blue light filters immediately  
 B. Talk to a doctor and try evidence-based recommendations  
 C. Stop thinking about sleep and wait for the problem to disappear


Exercise 2. Complete the form. Write ONE word only in each blank.



# Sleep and Health Advice

---


**1**



Online sleep advice has become more urgent because many people are worried that poor sleep may lead to serious \_\_\_\_\_.

---

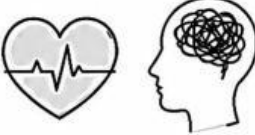
**2**



The speaker says seven to eight hours of sleep is recommended for \_\_\_\_\_, but it is not a rule for everyone.

---


**3**



Not getting enough sleep for a long time can be linked to health problems like cardiovascular disease, \_\_\_\_\_, and depression.

---


**4**




Some people become too focused on sleep data because they want to achieve \_\_\_\_\_ sleep.

---

**5**



Experts suggest that people should stop fixating on the exact sleep number because it can create unrealistic \_\_\_\_\_.



## VOCABULARY

### I. Choose the correct answers.

- If someone is **desperate for** help, they \_\_\_\_\_.
  - do not want help
  - need help very much
  - give help to other people
  - refuse useful advice
- The problem has **taken on an urgency**, so we need to \_\_\_\_\_.
  - deal with it quickly
  - ignore it for now
  - make it less serious
  - talk about it next year
- If a health message is **counterproductive**, it \_\_\_\_\_.
  - helps people immediately
  - gives simple information
  - has the opposite effect from what was intended
  - is based on clear scientific evidence
- Some people **become obsessed with** their sleep data, which means they \_\_\_\_\_.
  - stop checking it completely
  - think about it too much
  - cannot understand it at all
  - only look at it once a month
- Evidence-based recommendations** are suggestions that are based on \_\_\_\_\_.
  - scientific research and reliable information
  - personal guesses only
  - advertisements for products
  - people's feelings about sleep

### II. Read the text and find a word/phrase from the passage to complete each sentence below. Write NO MORE THAN TWO WORDS in each blank.

Many people are desperate for better sleep because they feel tired during the day and cannot focus at school or work. Recently, sleep advice has taken on an urgency, with a slew of articles warning people about the dangers of poor sleep. Some of these articles use doomsday messaging, making readers believe that one bad night of sleep will cause serious health problems.

However, this kind of message can be counterproductive. Instead of helping people relax, it may make them worry even more. Some people start to fixate on the number of hours they sleep each night. Others may become obsessed with sleep-tracking data and feel stressed if their sleep score is not perfect.

Experts say people should follow evidence-based recommendations, not frightening online advice. Long-term lack of sleep can be linked to health problems such as cardiovascular disease, but people should not panic after just one bad night. In some cases, people who worry too much about perfect sleep may develop orthosomnia, which is a type of sleep-related anxiety.

- Many people are \_\_\_\_\_ for better sleep because they feel tired during the day.
- Sleep advice has \_\_\_\_\_ an urgency recently.
- Some articles use \_\_\_\_\_ messaging to frighten readers.
- Worrying too much about sleep can be \_\_\_\_\_.
- Long-term lack of sleep can be linked to \_\_\_\_\_ disease.

## C. HOMEWORK

### VOCABULARY (15 questions)

I. Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ ở phần A. Extra Vocabulary (trang 1) 1 dòng vào vở ghi.

II. Write the words/phrases based on the information and clues given.

1. be d _____ for s _____	to need or want something very much, especially because the situation is difficult
2. t _____ o _____ an u _____	to become more important and need attention quickly
3. c _____	having the opposite effect from the one you wanted
4. d _____ m _____	messages that make a situation sound extremely dangerous or frightening
5. a p _____ with s _____	a strong focus on something that takes up too much of your attention

III. Fill in the blanks with the correct words/phrases in the box.

<b>fixate on</b>	<b>insomnia</b>	<b>orthosomnia</b>	<b>a slew of</b>	<b>cardiovascular</b>
------------------	-----------------	--------------------	------------------	-----------------------

- The internet offers \_\_\_\_\_ articles about how to sleep better, but not all of them are useful.
- People should not \_\_\_\_\_ the exact number of hours they sleep every night because this may create more stress.
- Long-term lack of sleep may be linked to serious health problems, including \_\_\_\_\_ disease.
- Some people develop \_\_\_\_\_ when they become too worried about achieving perfect sleep.
- Doctors may recommend cognitive behavioral therapy for \_\_\_\_\_ because it can help people with sleep problems without using medication.

IV. Read the text and decide if the statements are True or False.

#### Sleep Anxiety

Many people want to improve their sleep, but some online advice can make the problem worse. A person may read a slew of articles about sleep and then start to fixate on getting exactly eight hours every night. This can be counterproductive because anxiety may make it harder to fall asleep.

Some people also become obsessed with sleep-tracking devices. If the device says they did not sleep well, they may feel worried all day, even if they feel fine. This strong preoccupation with perfect sleep is sometimes called orthosomnia.

Doctors suggest that people should follow evidence-based recommendations instead of believing every scary message online. Serious sleep problems should be discussed with a doctor, especially if they continue for a long time.

#### Statements:

- Some online sleep advice can make people feel more worried. → \_\_\_\_\_
- The text says everyone must sleep exactly eight hours every night. → \_\_\_\_\_
- Fixating on sleep numbers can be counterproductive. → \_\_\_\_\_
- Orthosomnia means having no interest in sleep quality. → \_\_\_\_\_
- People with serious long-term sleep problems should talk to a doctor. → \_\_\_\_\_

## LISTENING PRACTICE (7 questions)

### Lưu ý:

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài.

Con làm bài nghe theo link/code sau:

<https://www.youtube.com/watch?v=fQUeDdaVoWo>



# Sleep and Health Advice

**Decide if each statement is True or False.**

1

Many online articles and products suggest that people are not sleeping in the right way.

2

The speaker says that every adult must sleep exactly seven to eight hours a night to stay healthy.

3

Not getting enough sleep for a long time can be linked to health problems such as cardiovascular disease, diabetes, and depression.

4

Sleep data helps everyone become less worried and sleep better.

5

Orthosomnia is described as a condition where people become too focused on achieving perfect sleep.

6

Some experts advise people to focus more on the exact number of hours they sleep every night.

7

If people have trouble sleeping, the speaker suggests checking for medical conditions before buying expensive sleep products.