

UNIT 8 SOCIAL MEDIA

(๖๓๖๓)๖ ♥ Good luck! ♥

1. Today's teens have built up an impressive amount of daily screen time. Even the average UK adult spends more time looking at a screen than they do sleeping.
2. This trend is now exposing some worrying results and, staying hot on the heels of social media's popularity, researchers are interested in the impact it is having on many aspects of our health, including sleep.
3. Research has been interested in impact of the rise of social media on society examining the relationships between Social Media technology and mental health. The truth is the more depressed a person is, the more social media they might then use, which worsens their mental health further. An increase in social media is associated with an increase in the likelihood of depression, anxiety, and a feeling of social isolation.
4. Besides time of day plays a fundamental role. Engagement during the last 30 minutes before bed was found to be the strongest indicator of a poor night's sleep. Something about keeping those last 30 minutes tech-free is crucial to a restful slumber.
5. There are several factors that could explain this. A reason could be that the blue light emitted from our screens inhibits our melatonin levels – a chemical that effectively tells us that it's time to nod off. It could also be possible that social media use increases a person's anxiety as the day goes on, making it hard to switch off when we finally go to bed.
6. At the same time social media is linked to increased depression, anxiety and sleep deprivation. And a lack of sleep can both worsen mental health.
7. A lack of sleep has other side-effects causing heart diseases, diabetes, obesity, poor academic performance, slower reaction times when driving, risk behaviour, increased substance use... the list goes on.
8. What's worse is that when it comes to sleep deprivation, it's usually young people who are most adversely affected. That's because adolescence is a time of important biological and social changes that are critical to development.
9. If social media use is exacerbating anxiety and depression, it could then, in turn, impact sleep. If you lay in bed awake comparing yourself to other people's posts, you might well believe that your life is somewhat drab in comparison, which could make you feel worse and keep you up.
10. Social media use is growing and changing so quickly, that it is difficult to keep up. To combat any downsides, it's clear that moderation is the key. We should all ring-fence particular times in which we can distance ourselves from our screens. Parents need to have set places in their homes where devices can or cannot be used, so it's not a fluid situation where social media is bleeding into every part of your life without any buffer zones.

A.1 Read the text again and match the titles to each paragraph.

1. Use of media before going to bed leads to bad quality of sleep.
2. Social media, emotional disorder and bad sleep are interconnected.

3. Absence of sleep brings about a great amount of health problems.
4. It is not easy to resist social media.
5. The effect of social media on our health.
6. The growth of teenagers is strongly affected by lack of sleep.
7. Excessive use of social media causes emotional problems.
8. Advice on social media usage.
9. Both young people and adults allocate more time to screens than sleep.
10. Social media cause emotional disorders and, in turn, health problems affect the quality of sleep.

A 2. Fill in the sentences using the words in the box

**impressive, worsen, slumber, deprivation, side-effect, adversely,
adolescence, buffer exacerbate, downsides, moderation**

1. Sleep can cause stress, loss of appetite and lethargy.
2. Anabolic steroids can cause acne as a
3. Flash memory works as a because most data is read from the hard drive.
4. Her mother's interference the difficulties is their marriage.
5. For all the upsides this legislation has for him, it has as well.
6. Nicotine affects the functioning of the heart and arteries.
7. in eating and drinking is the way to stay healthy.
8. Some insects in the winter.
9. is the period of transition between childhood and adulthood.
10. It is expected the environmental issues to over the next few years.

Great! Go on! 2 more exercises 😊

B1 Choose the right item.

1. I can go skiing unless if it is foggy.
2. Mary will meet you provided unless she is not busy.
3. When what if you lose your job? What will you do?
4. Only if unless you like classical music will you enjoy coming to the concert tonight.
5. I'll help you when on condition that you give me a lift to the cinema.

B2. Choose the correct option

1. If I wake up will wake up early, I'll go jogging.
2. He would visited will visit his uncle, if he finishes early.
3. If she had loved her son, he did not become would not have become a criminal.
4. If I were a star, I will help would help the poor.
5. She would have been the best if she would work had worked hard.

