Listen to the audio as many times as you need to, and then fill in the blanks.

A new _____ says that going to bed late may be bad for our _____. It may even _____ our life. The study was _____ out in the United Kingdom. Researchers spent six-and-a-half years looking at the _____ of 430,000 _____ between the _____ of 38 and 73. At the _____ of the study, the researchers _____ the deaths of people who went to bed early to those who went to bed _____. They found that night owls (people who go to bed late) were 10 percent more _____ to die during the period of the study. The researchers _____ that night owls were at higher risk of an _____ death than early _____ (people who slept early). Night owls were also at a greater _____ of poor health compared to early birds.

The researchers said _____ and working _____ needed to change to _____ the risks of ill health for night owls. Researcher Malcolm van Schantz said: "This is a _____ health issue that can no longer be _____." He _____ that night owls should be _____ to start and finish work later in the day so they could sleep _____ in the morning. The researchers said that night owls were more _____ to suffer from _____ problems, diabetes, and stomach and _____ troubles. They were also more likely to _____, drink alcohol and coffee, and _____ drugs. Researchers also said different sleeping patterns _____ the week and at weekends could _____ the chances of _____ problems for night owls.

LIVEWORKSHEETS