NEWS BREAK

Article: UW study: The moon may be messing with your sleep

Section: NW, C2

Sunday's News Break selects an article from Sunday, February 7, 2021 of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for your students.

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will discuss lunar patterns and how it can disrupt human sleep patterns. They will talk about sleep hygiene and what they do to calm their bodies before rest. They will identify certain times of the month, where their own sleep patterns may seem a bit off. Students will talk about how a deeper understanding of how environmental and natural cycles impact sleep patterns could benefit them, and take a deeper dive into what specific ways.
Pre-Reading Discussion:

- What do you think the article will be about, using only this picture?
- Are there clues?
- What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using context clues? A context clue is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“But when you find something that you did not expect, then you say, ‘Well, this is a real phenomenon.’

Phenomenon Guess:

Phenomenon Definition:

Comprehension Questions:

1. Sleep and circadian rhythms have long been associated with the powerful effects of the _______ cycle.
2. But in recent years, a growing number of studies have suggested that another familiar celestial body might also be impacting your ability to get a restful night’s sleep: the ________.
3. A paper published in the journal Science Advances found that people tend to have a harder time sleeping in the days leading up to what?
4. Researchers reported the latest bedtimes and least amount of rest occurred when?
5. They found a similar pattern in sleep data from another group of more than 460 people. Ahead of the full moon, it took people, on average, ____ minutes longer to fall asleep and they slept for ____ minutes less.

6. The study involved analyzing the sleep patterns of three Toba Indigenous communities, also known as the Qom people, in northeast Argentina: one rural with no electricity access, a second with limited access and a third in an urban setting with full access. Horacio de la Iglesia, one of the study’s co-authors and a professor of biology at the UW, said the communities were “ideal” to study. Why?

7. How did they track the sleep patterns of the participants?

8. What were the researcher’s hypotheses? What were their findings? Did it correlate?

9. Did they find the same results with the 464 college students they studied in Seattle?

10. Sleep experts often recommend reducing exposure to light at night, especially ______ ________, which arouses the brain, causing delays in sleep onset, ____ minutes less, and can shorten sleep.

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

- What surprised (or stood out to) you in the article?
- At first I thought ____________, but now I think ____________?
- What things did you already know from prior experience?
- What nightly sleep routine do you do before bed to calm your body for sleep?
- Do you notice certain times of the month, when your sleep patterns seem a bit off? If so, when?
- Do you believe lunar patterns can disrupt the human sleep experience? Why or why not?

Perhaps beyond practical applications, Casiraghi said, the study’s findings may serve as a reminder of nature’s power. There is already good evidence that trying to “fight against environmental cycles and trying to counter pose your will to sleep at a different time against the natural cues is actually very bad for your health,” he said. “We now have more evidence that you can’t just get rid of environmental cues.”

- How would knowing and understanding how environmental and natural cycles impact your sleep patterns help you? In what specific ways?

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