



Challenge



Hot Topics



Healthy sleep



A REGULAR and good sleeping habit is important to our health. The World Health Organisation (WHO) released a report classifying overnight work as a **probable cancer-causing agent**. Answer the questions and learn more about this hot topic.



Q1 Hours

CHILDREN should sleep nine to 10 hours a day. Adults should sleep seven to eight hours a day. Who of the following did not have enough sleep?



I slept at 10pm and woke up at 7am.

Tom



I slept at 10pm and woke up at 9am.

Mary



I slept at 1am and woke up at 7am.

Father



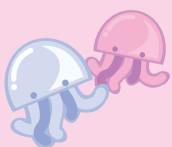
I slept at 11pm and woke up at 7am.

Mother

Q2 Sleepy baby

HOW long does a newborn baby usually sleep each day?

- A** 16-18 hours
- B** 10-12 hours
- C** 6-7 hours



Q3 Night shifts

THE WHO has classified night shift as a cancer-causing element because a **tumour** suppressing **hormone** is produced at night. Play the game and find who of the following is the healthiest.

I am a housewife. I sleep at 10pm and wake up at 7pm every day.



Grandmother

I am a lawyer. I work overtime and sleep at 2am sometimes and get up at 7am.



Father

I am a taxi driver. I work overnight and sleep at 7am everyday.



Grandfather

Q4 Healthy life

BESIDES a good sleeping habit, what else are important elements for a healthy life? Find the answers from the hints below:

A b_la_ced diet

E_e_c_se



Answers: Q1. Father; Q2. A; Q3. Grandmother; Q4. Exercise, A balanced diet.

Vocabulary

overnight (adj) 通宵的
probable (adj) 很可能發生的
cancer (n) 癌症

element (n) 元素
tumour (n) 腫瘤
hormone (n) 荷爾蒙
lawyer (n) 律師