**Lack of sleep gives you the munchies**

**3rd March, 2016**

 Have you ever wondered why you are hungrier than usual if you do not get a good night's sleep? Researchers from the University of Chicago say they have found one reason. Their study reveals that a lack of sleep makes people hungrier the following day. Sleeplessness releases chemicals in the brain that enhance the pleasure derived from eating, which also makes us eat more. We want to eat food that is high in calories. The researchers found that sleep-deprived people craved crisps, sweets and biscuits far more than healthier foods. The researchers also reported that people in the study who did not get enough sleep ate up to twice as much fat content as when they had slept for eight hours.

The study was conducted on 14 male and female volunteers in their twenties. They were observed by researchers in two different situations. In one, they spent 8.5 hours in bed each night and averaged 7.5 hours of sleep. In the other, they spent just 4.5 hours in bed and averaged 4.2 hours of sleep. The researchers noted that in the first situation, the subjects ate three meals a day, as normal. However, in the second situation, where they had been deprived of sleep, the volunteers were unable to resist what the researchers called "highly palatable, rewarding snacks". This happened just 90 minutes after they had eaten a meal that supplied them with 90 per cent of their required daily calories.

Sources: *BusinessStandard.com / hitc.com / Health Canal*

**1. Find the information**  
 (Choose the best answers and then scan the text to check.)

1. What does sleeplessness release in the brain?
   1. Chemicals b) calories c) electricity d) hungry
2. What kind of food do we want to eat if we haven't had enough sleep?
   1. Sushi b) high-calorie food c) baby food d) fruit
3. What were sleep-deprived volunteers unable to resist?
4. Apples b) naps c) beds d) snacks

4. Who craved crisps?

a) the over-60s b) crisp lovers c) teens d) sleep-deprived people

5. How long after a meal did sleep-deprived volunteers have snacks?

a) 1½ hours b) an hour c) two hours d) 2½ hours

Answers: 1-a 2-b 3-d 4-d 5-a

**2. Checking understanding**

(Read the text again and put T(True) or F(False) next to each statement below.

Explain why the ‘False answers’ are false.)

1. The University of Chicago found two reasons why we get hungry. T / F

2. Researchers said a lack of sleep creates hunger two days later. T / F

3. Sleeplessness produces a chemical in the brain that makes us hungrier. T / F

4. We eat up to twice as much fatty food if we don't sleep well. T / F

5. The study looked at the sleeping habits of 28 men and women. T / F

6. In one experiment, the volunteers slept an average of 4.2 hours. T / F

7. The volunteers could not say no to tasty snacks after insufficient sleep. T / F

8. Volunteers spent 90 minutes eating a meal that contained 90 calories. T /F

Answers: 1-F 2-F 3-T 4-T 5-F 6-T 7-T 8-F

**3. Phrase match** (Sometimes more than one choice is possible.)

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| --- | --- | --- |
| 1. wondered why you are hungrier | a. | in their twenties |
| 2. a lack of sleep makes | b. | people hungrier |
| 3. Sleeplessness releases | c. | of sleep |
| 4. sleep-deprived people craved | d. | crisps |
| 5. female volunteers | e. | chemicals in the brain |
| 6. the subjects ate three | f. | daily calories |
| 7. they had been deprived | g. | than usual |
| 8. 90 per cent of their required | h. | meals a day |
|  |  |  |
| Answers: 1-g 2-b 3-e 4-d 5-a 6-h 7-c 8-f |  |  |
|  |  |  |

1. **Checking understanding**

(Write your answer to these questions. Explain your answer to your partner.)

1. What are highly palatable, rewarding snacks for you?

2. How important are eating and sleeping to people?

3. When and why do people get the munchies?

1. **Talking point**

(Discuss the questions below in pairs.)

1. Did you like reading this article? Why/not?

2. How would you feel if you don't sleep well?

3. Can you survive on three meals a day or do you need snacks?