



ESL
CLASS
PLANS

Chronotypes

Lesson	CEFR
8	B2

Lifestyle & Health

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Introduction

Human beings are wired completely differently when it comes to productivity and rest.

While some people thrive at dawn, feeling energized and ready to conquer the day, others find their creative peak long after the sun goes down.

Understanding our biological clocks and sleep hygiene plays a massive role in long-term health!



Vocabulary Focus

Chronotype: The natural inclination of the body to sleep at a certain time, which determines whether you are an early riser or a night person.

Sleep Hygiene: A variety of practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness.



Vocabulary Focus

Circadian Rhythm: The natural, internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours.

Burn the Midnight Oil: An idiomatic expression meaning to read, study, or work late into the night.



The Battle of the Biological Clocks

Society is largely built around the schedule of the "early bird." Most corporate jobs, schools, and traditional institutions require people to be functional and productive early in the morning. For natural "night owls," this structural design can lead to a phenomenon known as "social jetlag."

To counter daytime exhaustion, sleep experts emphasize sleep hygiene. This involves simple adjustments: banning smartphones from the bedroom, maintaining a rigid schedule, and avoiding late caffeine or heavy meals. Consistency is the true key to health.

Let's Discuss!

Round1: Personal Routines & Chronotypes

- If you had absolute freedom to design your perfect daily work schedule with zero restrictions, what exact hours would you choose to work?
- Think about your most productive hours during the day. Are you better at completing difficult tasks in the morning or at night?
- Do you agree with the old English proverb, "The early bird catches the worm"? Why or why not?

Let's Discuss!

Round 2: Sleep Hygiene & Modern Distractions

- What is the very first thing you do within 10 minutes of waking up, and the very last thing you do before closing your eyes at night?
- Many use smartphones in bed to wind down, even though science proves it disrupts sleep. Why is this habit so difficult to break?
- If a close friend suffered from severe insomnia and stress, what three practical sleep hygiene changes would you advise them to make?

Let's Discuss!

Round 3: Cultural & Societal Expectations

- Do you think modern corporate culture discriminates against night owls by forcing everyone into standard, early morning office schedules?
- Some countries practice a "siesta" culture where businesses close for rest. Do you think an afternoon nap would increase productivity in your country?