



Lifestyle and Daily Routines

Note-taking: sleep routines for teenagers | Cambridge IGCSE ESL 0510/0511

1. Lead-in discussion

Talk with a partner before you read.

1. What time do students your age usually go to sleep?
2. Why do some teenagers find it difficult to sleep well?
3. What evening habits could improve concentration the next day?
4. Should schools teach students about sleep and routines?

Exercise 3 at a glance

In this activity, you will read one factual text and complete notes using information from the text. In the exam, this task is usually worth 7 marks. This practice version includes extra notes to help you build confidence. Use short words or phrases from the text, not your own ideas.

2. Read for overall understanding

Read the text. Why are sleep routines important for teenagers?

Sleep Routines for Teenagers

Teenagers often hear that they should sleep more, but the advice can sound too simple. Many students have homework, family responsibilities, hobbies and messages arriving late in the evening. Sleep researchers say a regular sleep routine can improve concentration, improve energy levels and improve mood. The routine does not have to be perfect, but it should make the last hour of the day calmer and more predictable. Some schools now include sleep advice in wellbeing lessons because tired students may seem lazy when they are actually struggling to manage time.

One useful habit is setting a screen curfew. This means putting phones away at a fixed time, not checking social media in bed and avoiding online games just before sleep. Some students use an alarm to remind them to stop scrolling, because it is easy to lose track of time. Others charge their phones outside the bedroom. This can reduce temptation and make it easier to relax.

A routine can also include practical preparation for the next morning. Students might pack their school bag, prepare sports kit or write a short to-do list. These small actions reduce morning stress because students do not wake up trying to remember everything at once. Some families also agree a quiet time in the house, especially when younger children share bedrooms with older students. Even ten minutes of preparation can make the morning feel less rushed.

There are still barriers. Students who work part-time may get home late, and some students live in noisy homes. In these cases, experts suggest realistic changes rather than strict rules. A teenager might use earplugs, dim the lights or keep the same wake-up time at weekends. Teachers also warn students not to make dramatic changes before an exam, because a sudden new routine can create more stress. The aim is not to control every evening, but to build habits that make healthy sleep more likely.

3. Strategy focus

Choose the useful detail, not the whole explanation

A sentence may explain a problem and then give a useful detail. For notes, copy the detail that fits the heading, not the whole sentence.

4. Practice note-taking task

Complete the notes using information from the text. Use short words or phrases from the text. Do not add your own ideas.

Notes	Write short answers
Why sleep routines matter	- - -
Screen habits before sleep	- - -
Preparation for the next morning	- - -
Barriers and realistic changes	- - -

5. Vocabulary notebook

Underline five useful words or phrases from the text. Check their meaning, then record them in your vocabulary notebook.

6. Follow-up tasks

1. Discussion: Which sleep habit would be easiest for students to change?
2. Strategy: Underline one answer that comes after an explanation, not at the start of a sentence.
3. Writing: Write three practical tips for a student who often feels tired at school.
4. Vocabulary: Circle words and phrases connected to routines, stress and sleep.

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2. Read for overall understanding

Suggested answer: they can improve concentration, energy levels and mood.

4. Practice note-taking task

Why sleep routines matter

- improve concentration
- improve energy levels
- improve mood

Screen habits before sleep

- putting phones away at a fixed time
- not checking social media in bed
- avoiding online games just before sleep

Preparation for the next morning

- pack their school bag
- prepare sports kit
- write a short to-do list

Barriers and realistic changes

- work part-time
- noisy homes
- keep the same wake-up time at weekends

Notes for checking

This is an extended practice version of the IGCSE ESL note-taking task. The live exam normally has fewer marks, but this version includes extra notes to build confidence and selection skills.

Accept short phrases that keep the same meaning.

Learners should avoid copying a whole sentence if a shorter note answers the heading.

Some answers need more than one or two words, especially when the key detail is a phrase.