

Is staying in bed all day good for you?

Vocabulary Match

prefer ●

Gen Z ●

perhaps ●

covers ●

viral ●

seniors ●

● older people

● young people

● popular online

● like more

● blankets

● maybe

Article

Is staying in bed all day good for you? A new 2025 survey by the American Academy of Sleep Medicine says many young people think so! About 31% of Gen Z now practice "bed rotting." This means staying under the covers for a whole day to relax and reset from stress.

While 56% of Americans try sleep advice from social media, older people aren't sure. Only 5% of seniors have tried "rotting." Most prefer a simple walk outside! From sleepy drinks to viral trends, it seems we will try anything for a good rest - except, perhaps, turning off our phones!

Quiz

1. What is "bed rotting"?
2. What percentage of Gen Z practices "bed rotting"?
3. How many seniors have tried "rotting"?
4. What do most seniors prefer to do instead of "rotting"?

Conversation

A: Have you tried this "bed rotting" thing?

B: Yeah, it's like a mini-vacation under the covers!

A: Sounds interesting, but I prefer my morning walks.

B: You should try it once! It's so relaxing.

A: Maybe, but I think I'd miss the fresh air.

B: True, but I like to wear my pajamas all day!

Discussion

1. Do you think "bed rotting" is a good way to relax?
2. Would you rather go for a walk or stay in bed all day?
3. What is your favorite way to relax?
4. Have you ever tried any sleep tips from social media?