

SPEAKING GYM · PUBLISHED 2026-08-21

Break the late-night scroll

Find the words for habits, work messages and switching off. Practise three everyday questions about protecting your evenings.

B1–B2 · level guide

14 min video

6 words · 4 expressions · practice transcript

First, watch the episode. Then make the English your own.

<https://www.youtube.com/watch?v=hr6j0suHyxk>

01 Words worth keeping.

Vocabulary from the episode. Every “Example” below is a new practice sentence.

willpower noun

The ability to control your actions when something is difficult or tempting.

EXAMPLE It takes willpower to stop watching after just one episode.

friction noun

Disagreement or tension between people.

EXAMPLE Unclear responsibilities caused friction within the team.

unwind verb

To relax after being busy, worried or tense.

EXAMPLE I like to unwind with a short walk after work.

cutoff noun

A fixed time or point after which something stops or is no longer accepted.

EXAMPLE The cutoff for signing up is five o'clock on Friday.

protocol noun

An agreed set of steps or rules for handling a situation.

EXAMPLE Our team has a simple protocol for reporting urgent problems.

restorative adjective

Helping bring back energy, strength or a sense of well-being.

EXAMPLE We enjoyed a restorative weekend away from our usual routine.

02 Borrow these expressions.

The expressions are quoted from the episode. Meanings and examples are learning notes.

01 “peace of mind”

A calm feeling because you are not worried about something.

EXAMPLE Keeping a spare key with a neighbour gives me peace of mind.

02 “To be honest”

A phrase used before saying what you really think or feel.

EXAMPLE To be honest, I check my phone more often than I need to.

03 “it really depends on”

A way to show that your answer changes according to a particular condition.

EXAMPLE For me, it really depends on how urgent the message is.

04 “To fix this”

A phrase that introduces a practical solution to a problem.

EXAMPLE To fix this, I would turn off non-essential notifications.

03 · YOUR TURN

A thought worth saying.

Choose a question. Speak for 30–60 seconds. Try one word or expression from this pack.

- What one change would make it easier for you to put your phone down at night? Explain why it could work.
- A colleague expects late-night replies. How would you explain a reasonable boundary while staying helpful?

A useful starting point: “I think... because... For example...”

Levels are editorial estimates to help you choose a lesson, not a formal language assessment.

04 Listen. Read. Connect.

Questions and model answers from the video. Repeated shadowing rounds and coaching instructions are omitted. Read along, then listen again with the page closed.

DAVID

How would you break a late-night screen habit that is ruining your morning energy?

TOM

Well, if I kept charging my phone right beside my bed, I would definitely keep scrolling mindlessly. That constant blue light delays deep rest, which leaves me feeling completely exhausted every single morning. Actually, losing that precious restorative sleep slowly drains my focus throughout the entire working day. Of course, simply relying on willpower alone never works when you are already tired at night. So, I would move my charger across the room and buy a cheap physical alarm clock instead. That simple physical distance makes disconnecting much easier and protects my morning energy immediately.

DAVID

If your team expects evening replies, what realistic boundaries or alternatives would you test?

TOM

To be honest, it really depends on whether an evening message is truly an urgent operational emergency. If colleagues are just casually checking tasks, there is no real need to reply before the morning. I would set a clear boundary by establishing an eight o'clock cutoff for all routine work communications. For genuine crises after hours, my teammates could simply call my personal phone directly. I guess communicating that clear protocol during our next team meeting will manage expectations without creating friction. That way, I stay completely reachable for emergencies while protecting my evening peace of mind.

DAVID

What concrete evening system would you build to protect your sleep while staying responsible?

TOM

The biggest issue is that endless digital notifications keep our brains stimulated right before bedtime. We constantly check our inboxes because we fear missing important updates from our colleagues or clients. To fix this, I would schedule a ten-minute final work review every day at five thirty. Then, I would activate automatic Do Not Disturb mode on all my devices at nine o'clock. This organized routine reassures my team and lets my nervous system unwind naturally before sleeping. Consequently, I will wake up refreshed and fully ready to tackle complex challenges the next morning.

A little English. A wider world.

Keep the conversation going. Find your next episode at
youtube.com/@EnglishBreakfastClub