

Recent research suggests taking a dip in very cold water for several hours a week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked into the benefits of cold-water immersion therapy. They found it could have positive effects on our cognition, sleep quality, and overall well-being. The researchers studied the effects on the health of 13 people. The participants were dunked in 10°C water for 10 minutes, three times a week, for four weeks. Study author Dr Robert Allan said the cold-water therapy could "help with a number of positive physiological and psychological changes linked to improvements in overall general health and well-being".

Cold-water immersion has been used in various fields for its curative and healing benefits. For many decades, ice baths have helped to speed the recovery of athletes following intense, energy-sapping performances. Dr Allan said his findings also showed a positive impact on sleep. He said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer sleep disturbances." Subjecting the body to cold water for health purposes is already a common practice. At the New Year, people take a plunge in icy seas and lakes. In Japan, bathers refresh their bodies by alternating dips in hot and cold baths in a tradition known as toto-no-u.

What do you think of these places to bathe? How much do you like them?

	What I Think	How Much I Like This
Bath at home		
Shower at home		
Outdoor hot spring		
A river		
Gym shower		
Hotel bath		

Paragraph 1

1 dip (noun)	a.	Related to the mind and how people think and feel.
2 immersion	b.	A short time of getting into a bath, pool, the sea...
3 cognition	c.	Put something quickly into a liquid and then take it out.
4 participants	d.	The act of putting something fully into a liquid.
5 dunked	e.	People who take part in something.
6 physiological	f.	The process of thinking and understanding.
7 psychological	g.	Related to how the body works.

Paragraph 2

8 fields	h.	Different areas of work or study.
9 curative	i.	Changing back and forth between two things.
10 intense	j.	Something that helps to make you better when you are sick.
11 sapping	k.	Jump or dive quickly and energetically into something.
12 subjective	l.	Very strong or great.
13 plunge (noun)	m.	Slowly taking away energy or strength.
14 alternating	n.	Based on personal feelings, not facts.