



PROGRAMMANUS

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SÄNDNINGSDATUM: 2019-09-21

NEWSREEL

September 21st 2019

KATE HOLLAND: Hi and welcome to Newsreel. In London, I'm Kate Holland.

Coming up:

- **Why are so few of us getting enough rest?**

NANCY: Generally, I really struggle to get to sleep. I often can't sleep for around three or four hours.

- **And an unusual reptile has been found in the USA.**

- **Robert Mugabe**

But first. Robert Mugabe, the former president of Zimbabwe, has died at the age of 95. Zimbabwe was a British colony until 1980 and Mugabe was at the centre of his country's struggle for independence. He became its first prime minister in 1980, before becoming president 7 years later.

Here he is giving his first interview to the BBC after being elected.

MUGABE: I intend to rule that country with firmness. I'm not going to have anybody advocate the overthrowing of a government, and remain in the country.

At the time Mugabe was elected president, he was called a "freedom fighter" and an "icon of independence". Mr Mugabe was praised for launching a successful literacy and health programme in the country. During the 90s, Zimbabwe had the highest rate of literacy in Africa. Literacy means that you can read and write.

But, as his presidency continued, critics began to call Mr Mugabe a dictator, as his government used violence against those who disagreed with them.

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Mr Mugabe spent 37 years in power and once said that “only God” could remove him from office.

But, in 2017, Mr Mugabe was forced to resign by his own military.

So, whilst looking back on his long life in politics, some have called him an “icon of freedom” but others have called him a “monster committed to violence”.

- **Sleep**

Do you go to sleep with your phone right next to your bed?

I do. I’m in my bed right now, my phone is next to my pillow. And it’s the last thing I look at before I close my eyes.

But according to new research by the UK newspaper The Guardian, this is a terrible idea. The blue light emitted by screens is making it harder for us to get to sleep.

And now experts have said that we’re facing a “hidden health crisis”.

So, from the comfort of their own homes, two teenagers, Ewan and Nancy, told me about their sleeping habits.

Here’s Ewan.

EWAN: I’m not getting the right amount of sleep that I should. I think I probably on average get about 6 hours of sleep a night.

Nancy also struggles to get to sleep.

NANCY: I often can’t sleep for around three or four hours. When I can’t sleep, it’s very frustrating. Especially if I have something to do the next day.

And Nancy thinks her screen might be one of the problems.

NANCY: It’s very easy to get caught up in checking emails or checking social media on your laptop.

So, could exercise and tiring yourself out before bed be the answer?

EWAN: I have found that doing exercise, whether it be a short cycle or a run, massively helps.

NANCY: I’ve tried exercising during the day and nothing has ever made a significant impact on my sleep.

But for Ewan, a good night’s sleep is all about relaxing first.

EWAN: Eat good food, watch good films, chill out on the sofa.

So tonight, when you’re getting ready for bed, what will you do to ensure a good night’s sleep?

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- **Two-headed snake**

What has four eyes, two tongues, but only one rattle?

No, this isn't the start to a terrible joke... because in the US state of New Jersey a baby rattlesnake has been found with two heads.

It was found by an environmental group who've called him Double Dave.

And it would be pretty difficult for him to survive in the wild, so the team who found him have given him a new home.

That's all for today. I'll be back on the 5th of October. Thanks for listening!

rattle

här: Det som gör att en skallerorm skallrar

environmental group

miljögrupp

survive

överleva