

Worksheet – A good night's sleep

Listen to the conversation carefully and tick the right answer.

1. What is the topic?
 - a. Tips for a good night's sleep
 - b. How to pass exams

2. The television should be turned for a good night's sleep
 - a. On
 - b. Off

3. What is more effective?
 - a. To make more difficult homework late at night
 - b. To skip homework if it is already late at night

4. When is is time to turn off your video games if you plan on having a good night's sleep?
 - a. 2 hours before bedtime
 - b. 1 hour before bedtime

5. Where should you put your phone before you go to bed (if you can)?
 - a. Right under your pillow
 - b. In another room

6. Can it be helpful to listen to music before bed?
 - a. Yes, if it is quiet
 - b. Yes, the volume does not matter.

7. What was the doctor's name?