Read the text and choose the best option:

THE MOMENT I WAKE UP...

Getting up in the morning is hard, but for many people, music seems to help them start the day. There is actually a list of perfect 'wake-up songs' compiled by a psychologist, David M. Greenberg, using data from the music download website, Spotify.

When choosing the perfect 'wake-up songs', Greenberg considered things like how the music builds up, positive lyrics and strong rhythm. He says that the music needs to start gently, and then slowly build up to help people to wake up. It must have positive lyrics to change people's mood from bad to good. The rhythm also needs to be strong, with a lot of bass and drums.



Greenberg's top choice of song is *Viva La Vida*, by Coldplay, which has all the three necessary elements. 'Science shows that music affects us in all kinds of ways, including emotionally, physiologically, and in the brain,' he says. 'The right music – like *Viva La Vida*, with its positive energy and strong momentum – can help you wake up and feel energetic for the rest of your day.'

What's your favourite 'wake-up song'? Leave your comments below.

Comments:

S Mine is definitely *Say a Little Prayer* by Aretha Franklin. I always play it first thing in the morning. *Sandy*

M I like getting up to a song by Imagine Dragons, called *On Top of the World*. I think it fits Dr Greenberg's criteria because it's really positive! *Martha*

M I hate listening to music when I wake up. I prefer listening to the early morning news. Then I can start the day knowing what's happening in the world. *Martin*

Adapted from a website

1 Dr Greenberg's list comes from information from ____.
a the internet b his friends c his students

2 One of the things Dr Greenberg *doesn't* say is important in the song is ____.
a the words b the instruments c the singer

3 He says that waking up ____ can help most people feel good all day.
a to Coldplay b to the right music
c early in the morning

4 ____ doesn't have a wake-up song.
a Sandy b Martha c Martin

LIVEWORKSHEETS