

## ESL 4 Listening: 5 Tips for Falling Asleep Quicker

**Vocabulary:** Click on the words to hear the pronunciation. Practice saying the words. Then, read & listen to the definitions.

1. **melatonin** - a hormone made by your body that helps you relax and fall asleep
2. **fragment (verb)** - to break into small, separate parts
3. **abstain** - to not do or have something you enjoy
4. **association** - a connection or relationship between two ideas
5. **meditation** - the practice of emptying your mind of thoughts and feelings in order to relax completely
6. **anxiety** - the feeling of being very worried about something

**Watch the video first. Then watch again and choose the correct words to complete the sentences.**

**Link to open the video in the Youtube app**

1. Wake up at the \_\_\_\_\_ time of day and \_\_\_\_\_.
2. We need \_\_\_\_\_ in the evening to allow the release of a hormone called \_\_\_\_\_. \_\_\_\_\_ helps the \_\_\_\_\_ timing of our sleep.
3. Those \_\_\_\_\_ light-emitting devices fool your brain into thinking it's still \_\_\_\_\_.
4. An optimal temperature is about \_\_\_\_ degrees Fahrenheit or about 18 1/2 degrees Celsius. The reason is that our brain and your body need to \_\_\_\_\_ their core temperature about 2 to 3 degrees Fahrenheit to initiate good \_\_\_\_.
5. So having a \_\_\_\_\_ room actually takes your brain and body in the right temperature direction to \_\_\_\_\_ good sleep.
6. We also know that alcohol will \_\_\_\_\_ your sleep so you'll wake up many more \_\_\_\_\_ throughout the night.
7. Few people know that even if you can have a cup of \_\_\_\_\_ after dinner and you fall asleep fine and maybe you stay asleep, the depth of the deep sleep that you have when there is caffeine within your brain isn't as deep as when you \_\_\_\_\_ from that cup of coffee after dinner.
8. Don't stay in bed \_\_\_\_\_. The reason is that your brain very quickly starts to learn the \_\_\_\_\_ between your bed being about the place that you're awake rather than your bed being about sleep.
9. An alternative is \_\_\_\_\_.