

LISTENING

You will hear a high-school student interviewing a doctor as part of his research for a project on sleep.

For questions 1-7, choose the best answer (A, B or C).



1 Compared to the past, people now sleep at night

- A** less heavily.
- B** longer than recommended.
- C** for a shorter time.

2 The doctor says a natural pattern of sleep includes

- A** one long sleep at night.
- B** a short sleep in the afternoon.
- C** frequent short sleeps.

3 Research has already shown that a lack of sleep can affect teenagers'

- A** long-term health.
- B** performance at school.
- C** emotional well-being.

4 What does the doctor say is to blame for teenagers not getting enough sleep?

- A** poor diet
- B** lack of exercise
- C** lack of discipline at home

5 What advice does the doctor give for teenagers who have trouble getting to sleep?

- A** read a favourite book
- B** listen to music
- C** drink hot chocolate

6 What does the doctor think schools should do?

A shorten the school day

B offer classes in the evenings

C start lessons later

7 The doctor says that you may find when you wake up

A you have forgotten a problem.

B you can see a solution to a problem.

C you think a problem is less important.