LISTENING: "TIPS TO SLEEP BETTER"

Listen to Lissa Coffey, a lifestyle expert and complete the gaps with 1-5 words:

1. According to experts from Oklahoma City University, stress and sleep have a _____.
2. If we do not sleep enough, this will cause our stress to _____.
3. Once in the bedroom, we should...
   a) ... switch off our _____ and our _____.
   b) Keep the _____
4. At bedtime, we should make sure the room is _____ and _____
5. Also, take a good look at _____ because you spend there _____ of your life.
6. If you wake up with a _____ or a _____, it may be time to change it.
7. It is also important to know if it is _____ for you, maybe you need a King Size one!
8. In addition, what you do during the day also affects your sleep and this includes _____.
9. Do not forget to exercise at least _____.
10. Moreover, this woman advises us to get some _____ since artificial light can _____.
11. As for what we eat, we should avoid caffeine and alcohol, especially _____.
12. Very important too is to avoid eating anything _____, otherwise our bodies will be busy _____ and not getting ready to sleep.
13. She also recommends listening to _____ , _____ taking a warm bath or a small _____ .
14. As for the best time to go to bed, Lissa Coffey recommends going at the _____ each night: our bodies need a routine.
15. She also advises us to use _____ in our clothing and in our bed sheets.

LIVEWORKSHEETS