

# LISTENING: "TIPS TO SLEEP BETTER"

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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.