

Listen to the audio as many times as you need to, and then fill in the blanks.

Going to bed _____ may be bad for us. It could _____ our life. A _____ in the UK looked at 430,000 _____ between the _____ of 38 and 73. Researchers _____ the _____ of people who went to bed _____ to those who went to bed late. People who go to bed late _____ 10 percent more _____ to die _____. People who sleep late were at a higher _____ of _____ problems or an early death compared to people who _____ early and _____ up early.

A _____ said working _____ should _____. He said this was a public health _____ that we need to look at. He said people should _____ and _____ work later in the day so they can sleep _____. Late sleepers have a _____ risk of _____ problems, diabetes, and breathing _____. They also _____, drink _____ and take _____ more. Different _____ patterns at weekends could also _____ health problems for late _____.