



A Good Night's Sleep

- **Instructions:** Listen to the radio interview, read the sentences and then click on **TRUE** or **FALSE**.

Radio Program

1. The guest in the studio is a teacher.

☐

TRUE

☐

FALSE

2. Some people can sleep well with a television on.

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TRUE

☐

FALSE

3. It is bad to think a lot before going to bed.

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TRUE

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FALSE

4. It is good to play video games before bed.

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TRUE

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FALSE

5. It is good to turn your mobile off when you go to bed.

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TRUE

☐

FALSE

6. It is bad to play loud music while you sleep.

☐

TRUE

☐

FALSE

