4 READING

a Read the article. Complete the gaps with these phrasal verbs. workbook page 72

~~find out~~	get up	give up	go out	put on	take off	turn on	write down



Sleep at the same times

[1] *Find out* how much sleep you need and **make sure** that you get it. Go to bed and [2] _____ at the same time each day and you will have more energy than if you sleep the same number of hours at different times.

Make sure you are exposed to light during the day

Your body needs natural light to produce the hormone melatonin, which regulates your sleeping and waking cycle. Don't stay inside all day – [3] _____ in your **lunch break**, for example for a short walk. On a sunny day [4] _____ your sunglasses for at least half an hour to let light onto your face.

Create a relaxing routine before going to bed

Have a hot bath. Then [5] _____ your pyjamas and make sure your bedroom is at the right temperature. Don't watch TV in bed, as it will stimulate **rather than** relax you.

Avoid stimulants

Don't eat big meals or drink coffee late at night. **Avoid** drinking alcohol before you go to bed and [6] _____ smoking! Cigarettes can cause a number of sleep problems.

Getting back to sleep

If you wake up in the middle of the night and can't get back to sleep, try a relaxation technique like meditation. If that doesn't work, [7] _____ the light and read a book. If you're worried about something, [8] _____ your problem on a piece of paper so that you can **deal with it** in the morning.

If the tips above don't help, you might need to see a sleep doctor.

b Read the article again. Choose ✓ for the people with good habits and ✗ for the bad ones.

1 I go to bed every night at 11 o'clock. ✓ ✗

2 I sleep for six hours during the week and ten hours at the weekend. ✓ ✗

3 I always have lunch at my desk to save time. ✓ ✗

4 I always wear sunglasses. ✓ ✗

5 M y bedroom is sometimes too cold. ✓ ✗

6 I sometimes watch a film to help me to go to sleep. ✓ ✗

7 I usually have dinner at 7.30 p.m. ✓ ✗

8 I often have a cup of coffee before I go to bed. ✓ ✗

9 I keep a notebook by the side of my bed. ✓ ✗

10 I sometimes meditate if I can't sleep. ✓ ✗

5 LISTENING

Listen to an interview with Graham, a taxi driver who usually works at night. Mark the sentences T (true) or F (false).

1 Graham goes to sleep immediately after getting home from work. F
2 The first meal he has when he gets up is lunch. ___
3 His children wake him up in the afternoon. ___
4 He never feels tired when he wakes up. ___
5 He eats three times a day. ___
6 He doesn't mind his working hours. ___