

How can you have a good night's sleep?



Match the vocabulary with the correct definition (drag and drop):

useful information or advice	a test to show what a person knows or can do	the time you go to bed	the most difficult
...	...	...	...
quiet	a person who listens	making a lot of noise	doing something
...	...	...	...
an exam	bedtime	a listener	low
a tip	the hardest	busy	loud

Now listen to this recording and say if these statements are **true**, **false** or we **don't know**:

The guest in the studio is a teacher.

He works in a noisy place.

Some people can sleep well with a television on.

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

It is good to play video games before bed.

People can't sleep if they are hungry.

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

It is bad to play loud music while you sleep.

People listen to a special music selection to sleep well.