

Listening:

A good night's sleep

Match the vocabulary with the correct definition, write a–h next to the numbers 1–8

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|--------------------|---|
| 1..... an exam | a. useful information or advice |
| 2..... bedtime | b. a test to show what a person knows or can do |
| 3..... a listener | c. the time you go to bed |
| 4..... low | d. the most difficult |
| 5..... a tip | e. quiet |
| 6..... the hardest | f. a person who listens |
| 7..... busy | g. making a lot of noise |
| 8..... loud | h. doing something |

Circle True or False for these sentences.

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|---|------|-------|
| 1. The guest in the studio is a teacher. | True | False |
| 2. Some people can sleep well with a television on. | True | False |
| 3. It is bad to think a lot before going to bed. | True | False |
| 4. It is good to play video games before bed. | True | False |
| 5. It is good to turn your mobile off when you go to sleep. | True | False |
| 6. It is bad to play loud music while you study. | True | False |

Complete the sentences with a word from the box

earlier in the evening	Welcome	Turn off
useful advice	great to be here	down low

- _____ to the show, Doctor Baker.
- Thank you. It's _____. Let's start with tip one.
- Do your hardest homework _____.
- _____ your mobile when you go to bed.
- Play music if you like. But turn the sound _____.
- That is very _____ for our young listeners.