Listening:

A good night's sleep

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

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.

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

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

LIVEWORKSHEETS