

WORKSHEET



Listening Through YouTube Video



For 11th Grade Students



After completing this worksheet, students will be able to:

1. Identify the main ideas and supporting details from the video about sleep and the brain.
2. Analyze and evaluate spoken information to determine whether given statements are true or false.
3. Complete sentences using the correct words from the video.
4. Match causes and effects related to sleep habits based on the video content

Dear students, this worksheet is designed to help you practice your listening skills at home. Please follow these steps carefully:

1. Watch the video given.
2. Listen carefully to the content of the video.
3. Complete the tasks below by answering the questions based on what you listen in the video.
4. Try your best to answer all questions.
You can watch the video more than once if needed!.

Good Luck!

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Task 1

Watch and listen the video below and then answer the following questions by choosing the correct option.



1. Why sleep is essential?

- a) Fixing your muscles
- b) Making your heart stronger
- c) You can't function or survive without it
- d) Making your bones healthier

2. How many hours of sleep do adults typically need for maximum brain performance?

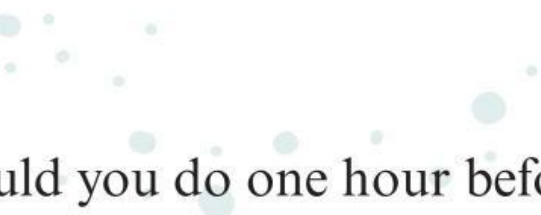
- a) 5 to 6 hours
- b) 6 to 7 hours
- c) 7 to 9 hours
- d) 9 to 11 hours



3. What can too little sleep negatively affect?

- a) Your vision and hearing
 - b) Your blood pressure
 - c) Your ability to remember and concentrate
 - d) Your breathing
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4. What can a lack of adequate sleep increase the risk of over time?

- a) Diabetes
 - b) Heart attack
 - c) Dementia
 - d) Obesity
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5. What should you do one hour before bedtime to help you sleep better?

- a) Drink warm milk
- b) Exercise intensely
- c) Put away electronic devices
- d) Take a nap



Task 2

Listen to the video carefully, then decide whether each statement is TRUE or FALSE.

1. During sleep, the brain stops working.

True

False

2. Sleep deprivation has similar effects to being drunk.

True

False

3. A dark and cool bedroom can help improve sleep quality.

True

False

4. Lack of sleep can cause anemia.

True

False

5. Regular exercise can help you sleep better.

True

False



Task 3

Listen to the video carefully, then complete each sentence with the correct word(s).

1. While your body is resting, your brain is a _____ of activity.
2. The more deeply you sleep, the more _____ your brain is at cleaning itself.
3. Lack of sleep can increase the risk of _____ and depression.
4. To ensure you're getting enough sleep, practice good sleep _____
5. Go to bed at the same time each night and _____ at the same time each morning.

Task 4

Listen to the video carefully, then drag and drop each effect to its cause.

Cause	Drop Here	Effect
Too little sleep		a. Better mood & brain function
Good sleep		b. Can ensure you get enough sleep
Exercise on most days		c. Increase risk of dementia
Long-term lack of sleep		d. Poor concentration & memory
Avoiding caffeine before bed		e. Improve sleep & overall health