

## Listening skills practice: A good night's sleep – exercises

Listen to the radio interview and do the exercises to practise and improve your listening skills.

### Preparation: matching

Match the vocabulary with the correct definition and 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

### 1. Check your understanding: true or false

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 sleep.	True	False

 **LIVEWORKSHEETS**