Listening Test

Topic: Science and technology: The impact of blue light on sleep.

Objectives:

Students will be able to:

- Identify key details in a short monologue.
- Infer meaning from contextual clues.
- Answer 15 listening comprehension items with at least 80% accuracy within 20 minutes.

General instructions:

- Listen to the recording carefully two times.
- Take notes if necessary.
- Complete all parts of the test using the information from the audio.
- Choose the best answer for each question.

Part 1 (5 points)

Instruction: Listen to the audio and complete each sentence with the missing word.

1. Many people believe that blue light affects their_____.
2. The issue is more _____ than it seems.
3. Using devices can keep the brain _____.
4. Habits before bed are more _____ than light.
5. Improving _____ may be the key.

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Part 2 (5 points)

Instruction: Listen carefully and choose the correct answer.

6. What do many people believe about blue light?

7. What does the speaker suggest about blue light?

8. What happens when people use devices for a long time?

9. What can also affect sleep according to the speaker?

10. According to the speaker, what may be the key to better sleep?

Part 3: (5 points)

Instructions: Select the best answer according to the audio.

11. What is the main idea of the talk?

12. What can be inferred about the speaker's opinion?

13. How would you describe the speaker's attitude?

14. Why does the speaker mention habits?

15. What conclusion can be drawn from the talk?

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