UP English Center

Name: _____

Class: _____

1. Vocabulary | Sleep and communication

A. Match each word or phrase (1–8) with its meaning (A–H).

1. factor ____	A have the same opinion
2. to blame ____	B something kept to remember a place
3. lack of sleep ____	C try to do something
4. attempt to ____	D not getting enough sleep
5. twice as likely ____	E something that influences a result
6. souvenir ____	F having double the chance of something happening
7. suggest ____	G responsible for causing something bad
8. agree ____	H say an idea for others to consider

B. Complete each sentence. Use a phrase from A. Change its form if needed.

1. Stress can be an important _____ affecting teenagers' sleep.
2. Phones may sometimes be _____ for poor sleep.
3. Nam will _____ go to bed earlier before swimming practice.
4. After several late nights, Mia was suffering from a serious _____.
5. Someone who uses a phone before bed may be _____ to sleep badly.

LIVEWORKSHEETS

2. Reading | A better school morning

Read the article. Choose the best answer for each question.

Linh usually stayed awake until after midnight because she spent a long time doing homework and then checked messages on her phone. She often felt exhausted when she arrived at school. Last month, she decided to change her routine. She now finishes using her phone at 10 p.m. and reads for about twenty minutes before going to bed. She still has busy evenings, but she says she falls asleep much more easily.

Her school has also begun opening a quiet room during lunchtime. Students can sit there, read or rest for a short time. Linh sometimes uses the room when she has had a difficult morning. She does not usually sleep there, but she says twenty minutes of quiet time helps her concentrate better in her afternoon lessons.

Linh thinks schools can help tired students, but she does not believe daytime rest is the real solution. In her opinion, teenagers need to change what they do in the evening so that they can get enough sleep before coming to school.

1. Why did Linh often arrive at school feeling tired?

A. She had to finish homework at school.

B. She stayed awake late doing homework and using her phone.

C. Her school started very early.

2. What happened after Linh changed her evening routine?

A. She found it easier to go to sleep.

B. She stopped doing homework at night.

C. She began reading messages before bed.

3. How does the quiet room help Linh?

A. It gives her somewhere to sleep every afternoon.

B. It allows her to avoid difficult lessons.

C. It helps her focus better later in the day.

4. What is Linh's main opinion?

A. Schools should give every student time to sleep.

B. Evening habits are an important part of solving sleep problems.

C. Teenagers should do less homework.

5. Which sentence means approximately the same as "Twenty minutes of quiet time helps her concentrate better"?

A. A short period of rest improves her ability to focus.

B. She spends twenty minutes studying more carefully.

C. She cannot concentrate unless she sleeps for twenty minutes.

LIVEWORKSHEETS

3. Writing | PET Writing Part 1

Read this email from your English teacher, Ms Taylor, and the notes you have made.

From: Ms Taylor To: All students Subject: Class trip	Your notes
Dear students, I'm planning a class trip for next month. I'm thinking about taking everyone to the science museum. What do you think?	→ Give your opinion
We can go on either Saturday or Sunday. Which day would be better for you?	→ Tell Ms Taylor
The museum has a space exhibition and a technology exhibition. Which one would you most like to visit?	→ Explain why
I'd also like two students to take photos during the trip. Would you like to do this? Let me know, Ms Taylor	→ No, because ...

Write your email to Ms Taylor using all the notes. Write about 100 words.

LIVEWORKSHEETS