

Form 2

Question

Dear Vida,

How are you? It has been a long time since I last wrote to you. Lately, I feel very tired because I can not sleep well. I toss and turn in bed for a long time before I can sleep. Sometimes, I fall asleep at 4:00 AM and wake up again at 5:00 AM.

It is very difficult for me. What should I do to fix this? Please let me know if you have any tips.

Best wishes,
Vivi

Sample answer

Dear Vivi,

I am doing well, thank you for asking. Yeah, it has been a very long time.

It is so sad to hear about your problem but no worries, I am here to help. In my opinion, you should try these ways. First, you should do light exercise in the evening such as brisk walking or jogging. This is because it can help make your body a little tired, so you can fall asleep easier. Furthermore, you should avoid drinking coffee because it has caffeine. Caffeine makes you awake. Moreover, you should limit your screen time at night. Put your phone away 30 minutes or 1 hour before you sleep. The screen light also can make you awake.

That's all for now. I hope this email helps you. I am going to wait for your next update.

Best regards,
Vida

Sample answer 2

Fill in the spaces with these answers.

drink green tea or warm milk	create a relaxing bedtime routine
it can help make your mind calm	You can release stress by listening to music .
avoid being stressed .	reading a storybook .

Dear Vivi,

I am doing well, thank you for asking. Yeah, it has been a very long time.

It is so sad to hear about your problem but no worries, I am here to help. In my opinion, you should try these ways. First, you should (1)..... such as (2)..... . This is because (3)..... , so you can fall asleep easier. Furthermore, you should (4)..... because it helps sleep better. Moreover, you should (5)..... (6)..... . Happy mind, happy sleep.

That's all for now. I hope this email helps you. I am going to wait for your next update.

Best regards,
Vida