

**Topic:** A good Night Sleep

**Activity:** Listening

**Teacher's name:** Lcda. Olga Castañeda.

**LISTEN TO THE AUDIO AND MATCH THE IDEAS FROM COLUMN A WITH IDEAS FROM COLUMN B**

**COLUMN A**

1. At exam time
2. The noise and lights from television
3. Do your hardest
4. Do easier
5. It takes longer to get to sleep
6. Don't play video games
7. Play music

**COLUMN B**

don't really let you sleep well.  
it is important to sleep well.  
Turn the sound down low.  
If your brain is too busy.  
for an hour before  
homework later.  
homework earlier in the evening.

**LISTEN AGAIN AND ANSWER THE FOLLOWING QUESTIONS.**

Who is the specialist's name?

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What did people think could help them to sleep well?

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According to the audio what activities will avoid you could sleep soon?

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