LISTENING

You will hear a high-school student interviewing a doctor as part of his research for a project on sleep.

For questions 1–7, choose the best answer (A, B or C).



1 Compared to the past, people now sleep at night

A less heavily.

B longer than recommended.

C for a shorter time.

LIVEWORKSHEETS

2 The doctor says a natural pattern of sleep includes

A one long sleep at night.

B a short sleep in the afternoon.

C frequent short sleeps.

3 Research has already shown that a lack of sleep can affect teenagers'

A long-term health.

B performance at school.

C emotional well-being.

4 What does the doctor say is to blame for teenagers not getting enough sleep?

A poor diet

B lack of exercise

C lack of discipline at home

5 What advice does the doctor give for teenagers who have trouble getting to sleep?

A read a favourite book

B listen to music

C drink hot chocolate

LIVEWORKSHEETS

6 What does the doctor think schools should do?

A shorten the school day

B offer classes in the evenings

C start lessons later

7 The doctor says that you may find when you wake up

A you have forgotten a problem.

B you can see a solution to a problem.

C you think a problem is less important.

LIVEWORKSHEETS