Spotlight 7	Reading Task 71004

Read the text and mark the statements
True (1), False (2), Not Stated (3).

Four Ideas for Better Sleep

Most teens need about 9 or even more hours of sleep each night. But about 1 in 4 teens has trouble sleeping. Lack of sleep can affect everything from our emotions to how well we focus on tasks, driving for example. It can affect sports performance, increase (увеличить) our chances of getting sick or overweight. How can we get the sleep we need? Here are some ideas:

1. Be active during the day. You've probably noticed how much running around little kids do - and how well they sleep. Follow their example and get at least 60 minutes of exercise a day. Physical activity can decrease (уменьшить) stress and help people feel more relaxed. Just don't work too close to bedtime because exercise can wake you up.
2. Say goodnight to electronics. Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least turn everything off an hour or more before you go to bed.
3. Keep a sleep routine. Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So, finish your day by reading, listening to music, spending time with a pet, writing in a journal, playing Sudoku, or doing anything else that relaxes you.
4. Expect a good night's sleep. Stress can lead to insomnia, so the more you worry about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises before bed. Everyone has a sleepless night once in a while. But if you regularly have trouble sleeping and you think it's affecting your mood or performance, talk to your doctor.

A. Teens' necessary time for sleep is as long as adults'.
B. If you don't sleep well it can affect your concentration.
C. Some people lose weight if their daily sleep is not long enough.
D. Exercising close to the bed time helps you sleep well.
E. You shouldn't play or work on PC before going to bed.
F. Television and other kinds of gadgets in your room help you fall asleep.
G. Relaxing activities before going to bed should take about half an hour.
H. The more you believe in your good sleep, the better your sleep will be.
I. Most people have no sleeping problems.
J. People should see a doctor when bad sleep affects their appetite.

A	B	C	D	E	F	G	H	I	J

LIVEWORKSHEETS