

Preview

Listen to Dr. Baker's tips for getting a good night's sleep. Answer the questions that follow.

A- Fill in the blanks with the correct words from the listening script to complete the sentences.

- Some people think they can (1) _____ well with the TV on, but the (2) _____ and the lights mean you don't really sleep well, so (3) _____ it off.
- Don't think too much before bedtime. Do your (4) _____ homework earlier in the evening. Do easier homework later.

B- Read each statement. Write (T) if it is true and (F) if it is false. Correct the false statements.

1. At exam time, it is important to sleep well. _____

2. If your brain is too busy and full of ideas, you can directly sleep. _____

C- Place the following top tips given by Dr. Baker in the right order using numbers 1 to 5.

_____ Don't go to bed with the television on.

_____ Don't play video games for an hour before you go to sleep.

_____ Don't think too much before bedtime.

_____ Play music if you like, but don't play it too loud.

_____ Turn off your cellphone before you go to bed.



Listening Activity (Answer Key)

A- Fill in the blanks with the correct words from the listening script to complete the sentences. ___/2

- Some people think they can (1) sleep well with the TV on, but the (2) noise and the lights mean you don't really sleep well, so (3) turn it off.
- Don't think too much before bedtime. Do your (4) hardest homework earlier in the evening. Do easier homework later.

B- Read each statement. Write (T)if it is true and (F) if it is false. Correct the false statements. ___/2

1. At exam time, it is important to sleep well. T ___

2. If your brain is too busy and full of ideas, it does not take longer to sleep. F ___

If your brain is too busy and full of ideas, it takes longer to sleep.

C- Place the following top tips given by Dr. Baker in the right order using numbers 1 to 5. ___/5

1 ___ Don't go to bed with the television on.

3 ___ Don't play video games for an hour before you go to sleep.

2 ___ Don't think too much before bedtime.

5 ___ Play music if you like, but don't play it too loud.

4 ___ Turn off your cellphone before you go to bed.