

Listen to the audio as many times as you need to, and then fill in the blanks.

Everyone knows that going to bed early is good for our _____. Scientists say they have found the _____ time to go to bed. Researchers from the U.K. Biobank say a bedtime of between 10pm and 11pm is _____. They say people who sleep between these times have a _____ risk of heart _____. Six years _____, the researchers _____ data on the sleep _____ of 80,000 volunteers. The volunteers had to _____ a special watch for seven days so the researchers could _____ data on their sleeping and _____ times. The scientists then _____ the health of the volunteers. Around 3,000 volunteers _____ heart problems. They went to bed _____ or later than the "healthy" 10pm to 11pm time _____.

One of the _____ of the study, Dr David Plans, _____ on his research and the _____ of sleeping times on the health of our _____. He said: "While we cannot _____ causation from our study, the results _____ that early or late bedtimes may be more likely to _____ the body _____, with [negative] consequences for cardiovascular health." He said it was _____ for our body to _____ up to the morning _____. He said: "The _____ time [to go to bed] was after _____ because it may _____ the likelihood of seeing morning light, which _____ the body clock." He _____ that we _____ cardiovascular disease if our body clock is not reset _____.