

Listening skills practice: A good night's sleep – exercises

Listen to the radio interview and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

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|--------------------|---|
| 1..... an exam | a. useful information or advice |
| 2..... bedtime | b. a test to show what a person knows or can do |
| 3..... a listener | c. the time you go to bed |
| 4..... low | d. the most difficult |
| 5..... a tip | e. quiet |
| 6..... the hardest | f. a person who listens |
| 7..... busy | g. making a lot of noise |
| 8..... loud | h. doing something |

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

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|----|--|-------------|--------------|
| 1. | The guest in the studio is a teacher. | <i>True</i> | <i>False</i> |
| 2. | Some people can sleep well with a television on. | <i>True</i> | <i>False</i> |
| 3. | It is bad to think a lot before going to bed. | <i>True</i> | <i>False</i> |
| 4. | It is good to play video games before bed. | <i>True</i> | <i>False</i> |
| 5. | It is good to turn your mobile off when you go to sleep. | <i>True</i> | <i>False</i> |
| 6. | It is bad to play loud music while you sleep. | <i>True</i> | <i>False</i> |

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2. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

earlier in the evening	Welcome	Turn off
useful advice	great to be here	down low

1. to the show, Doctor Baker.
2. Thank you. It's _____. Let's start with tip one.
3. Do your hardest homework _____.
4. your mobile when you go to bed.
5. Play music if you like. But turn the sound _____.
6. That is very _____ for our young listeners.

Discussion

Do you sleep well?

How many hours do you sleep a night?

Vocabulary Box

Write any new words you have learnt in this lesson.