

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.

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.

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.