# 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. | *True* | *False* |
| 2. | Some people can sleep well with a television on. | *True* | *False* |
| 3. | It is bad to think a lot before going to bed. | *True* | *False* |
| 4. | It is good to play video games before bed. | *True* | *False* |
| 5. | It is good to turn your mobile off when you go to sleep. | *True* | *False* |
| 6. | It is bad to play loud music while you sleep. | *True* | *False* |

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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?<br><br>How many hours do you sleep a night? |

| **Vocabulary Box** | Write any new words you have learnt in this lesson. |
|---|---|
| | |

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