

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

New research shows that binge-watching television can adversely affect your _____. Binge-viewing involves excessive watching of _____ to _____ TV shows in a single sitting. It has become _____ across the world with the advent of _____ streaming and downloading services. _____ from the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium surveyed 423 people _____ 18-25 on their TV-viewing _____. Their research _____ that binge-viewing greatly interrupted _____ patterns. Co-author Professor Jan Van den Bulck said: "Our _____ signals that binge-viewing is prevalent in young _____ and that it may be _____ to their sleep."

The researchers _____ participants about their sleep quality, levels of _____ and _____ of _____. They also enquired about their frequency of binge-watching _____ on televisions, _____ and desktop _____. Over 80 percent of the participants _____ binge-watching, with 20 percent doing so several _____ a week. Binge-watchers are 98 percent more _____ to experience _____ sleep quality. A researcher said: "Bingeable TV shows have _____ that keep the viewer tied to the _____. We think they _____ intensely involved with the content and may keep _____ about it when they want to go to sleep." She said this caused people _____ when trying to sleep.