Please fill the test with the correct words following the audio





At Exam time it is _____ to sleep well. Today we have Doctor Baker with us in the studio. And he's _____ give us five top tips for getting a good night's _____. Welcome to the show, Doctor Baker. _____. It's great to be here. Let's start with _____. Don't go to bed with the _____. Some people think they can sleep well with the TV on, but the _____ and the lights mean you don't really sleep well, so _____. Tip 2. Don't think too much before _____. Do your hardest homework earlier in the evening. Do easier _____ later. If your brain is too busy and full of _____, it takes longer to get to sleep. Tip 3. Don't play _____ for an hour before you go to sleep. They also make your brain too _____. Tip 4. _____ your cell phone when you go to bed. What is so important that it can't wait until the morning? If possible, _____your phone in another room. Tip 5. Play music if you like, but don't play it too loud. Turn the sound down low. _____ doctor. That is very useful advice for our young _____.





LIVEWORKSHEETS