

PINCHA EL ICONO DEL PLAY, ESCUCHA EL AUDIO Y RESUELVE LAS PREGUNTAS

1.- A good night's sleep

Match the words with the definitions.

Loud	Low	Bedtime	a listener	an exam	a tip
Busy	the hardest				

a test to show what a person knows or can do _____

useful information or advice _____

the time you go to bed _____

the most difficult _____

quiet _____

a person who listens _____

doing something _____

making a lot of noise _____

2.- A good night's sleep

Are the sentences true or false?

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 bed.

True False

6. It is bad to play loud music while you sleep.

True False

3.- A good night's sleep

Fill the gaps with the correct phrase from the box.

Down low Welcome great to be here useful advice

Turn off earlier in the evening

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.