

Unit 9: Listening A

You are going to listen to an interview about sleep. Read the Listening Strategy and then the outline below. With a partner, try to predict some of the answers.

9-10

worry

weight gain

long-term

reinforces

8

noise

- Adults (1) _____ hours
- Teenagers (2) _____ hours

B. Risks of sleep deprivation

- (3) _____
- (4) changes in mood/crankiness
- (5) easily distracted/not alert

C. Role of sleep in memory and learning

- Sleep (6) _____ things we've learned and transfers that information to (7) _____ memory.

D. Things that disrupt our sleep

- Causes: (8) caffeine, (9) light, (10) _____, (11) bad habits
- The main cause: (12)