



## A Good Night's Sleep

- **Instructions:** Listen to the radio interview, read the sentences and then click on **TRUE** or **FALSE**.

### Radio Program

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**