

## 4 READING

a Read the article. Complete the gaps with these phrasal verbs.

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<del>find out</del>	get up	give up	go out	put on	take off	turn on	write down
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**Sleep at the same times**

<sup>1</sup> *Find out* how much sleep you need and **make sure** that you get it. Go to bed and <sup>2</sup> \_\_\_\_\_ at the same time each day and you will have more energy than if you sleep the same number of hours at different times.

**Make sure you are exposed to light during the day**

Your body needs natural light to produce the hormone melatonin, which regulates your sleeping and waking cycle. Don't stay inside all day – <sup>3</sup> \_\_\_\_\_ in your **lunch break**, for example for a short walk. On a sunny day <sup>4</sup> \_\_\_\_\_ your sunglasses for at least half an hour to let light onto your face.

**Create a relaxing routine before going to bed**

Have a hot bath. Then <sup>5</sup> \_\_\_\_\_ your pyjamas and make sure your bedroom is at the right temperature. Don't watch TV in bed, as it will stimulate **rather than** relax you.

**Avoid stimulants**

Don't eat big meals or drink coffee late at night. **Avoid** drinking alcohol before you go to bed and <sup>6</sup> \_\_\_\_\_ smoking! Cigarettes can cause a number of sleep problems.

**Getting back to sleep**

If you wake up in the middle of the night and can't get back to sleep, try a relaxation technique like meditation. If that doesn't work, <sup>7</sup> \_\_\_\_\_ the light and read a book. If you're worried about something, <sup>8</sup> \_\_\_\_\_ your problem on a piece of paper so that you can **deal with it** in the morning.

**If the tips above don't help, you might need to see a sleep doctor.**



2ND YEAR READING AND LISTENING

b Read the article again. Choose  for the people with good habits and  for the bad ones.

1 I go to bed every night at 11 o'clock.



2 I sleep for six hours during the week and ten hours at the weekend.



3 I always have lunch at my desk to save time.



4 I always wear sunglasses.



5 My bedroom is sometimes too cold.



6 I sometimes watch a film to help me to go to sleep.



7 I usually have dinner at 7.30 p.m.



8 I often have a cup of coffee before I go to bed.



9 I keep a notebook by the side of my bed.



10 I sometimes meditate if I can't sleep.



5 LISTENING

Listen to an interview with Graham, a taxi driver who usually works at night. Mark the sentences T (true) or F (false).

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|--|----------|
| 1 Graham goes to sleep immediately after getting home from work. | <u>F</u> |
| 2 The first meal he has when he gets up is lunch.                | —        |
| 3 His children wake him up in the afternoon.                     | —        |
| 4 He never feels tired when he wakes up.                         | —        |
| 5 He eats three times a day.                                     | —        |
| 6 He doesn't mind his working hours.                             | —        |