

Listening 601 **A good night's sleep**

Are the sentences a. true or b. false?

Part A

1. The guest in the studio is a teacher.

A. true

B. false

2. Some people can sleep well with a television on.

A. true

B. false

3. It is bad to think a lot before going to bed.

A. true

B. false

4. It is good to play video games before bed.

A. true

B. false

5. It is good to turn your mobile off when you go to bed.

A. true

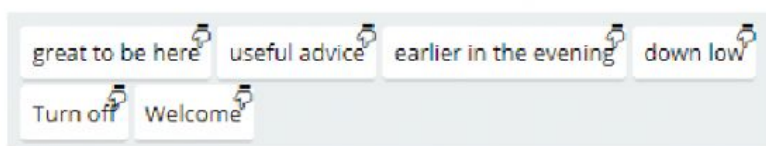
B. false

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

A. true

B. false

Part B



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.

WRITING

Top Tips for writing



1. Use an exclamation mark (!) at the end of an exclamation or after surprising information.
2. Use a capital letter to start a sentence.
3. Use a comma (,) in a list.
4. Use a full stop (.) to end a sentence.
5. Use a question mark (?) at the end of a question.

READING

My working day starts very early. From Monday to Friday I get up at half past three and I have a shower and a cup of coffee. I usually leave the house at ten past four because the car always arrives a few minutes early. I get to the studio at about five o'clock and start



work. My programme starts at eight o'clock and finishes at nine o'clock.

Then I leave the studio at a quarter past ten. After that, I go shopping and visit some friends. I get home at three o'clock. A woman helps me with the housework and the ironing. I read a newspaper and do some work.

Then my husband gets home at half past five in the evening and I cook dinner. We stay at home in the evening. We don't go out because I go to bed very early. We usually watch television and then I go to bed at half past eight, I'm usually asleep by nine o'clock.

At weekends, I don't get up until ten o'clock. In the evening, we often see some friends or go to the cinema. But I'm always up early again on Monday morning.

1. What time does Cynthia get up during the week?

Answer: She gets up at half past _____ in the morning.

2. How does Cynthia get to the studio in the morning?

Answer: She goes by _____

3. What time does she arrive at the studio?

Answer: She gets to the studio at _____ o'clock.

4. What time does the TV show begin?

Answer: The TV show begins at _____ o'clock.

5. How long does "Good Morning Britain" last?

Answer: It lasts for _____ hours.

6. What time does Cynthia get home after finishing at the studio?

Answer: She gets home at _____ o'clock.

7. What time does her husband arrive home?

Answer: Her husband arrives home at _____ thirty.

8. Do Cynthia and her husband go out in the evening?

Answer: No, they don't because Cynthia goes to bed _____.

9. What time does Cynthia go to bed?

Answer: She goes to bed at _____ thirty.

10. Does Cynthia stay in bed longer at the weekend?

Answer: Yes, she stays in bed until _____ o'clock.

