

Listening practice - Sleep

Listen to a text about the importance of good sleep. The text is divided into three sections as there are different tasks to do with each section.

1.

A=True, B=False, C=The text does not say

1. The speaker is going to reveal seven reasons why quality sleep is important. A B C

2. Without exercise it's practically impossible to enjoy good health. A B C

3. A good night's sleep refreshes the whole body and gives a chance to our organs to function properly. A B C

4. Sleep helps our brain to reduce the level of growth hormone in our bodies. A B C

5. The speaker makes a point to distinguish simply sleeping long from quality sleep. A B C

6. Sleep is a detoxification process. A B C

7. Melatonin hormone is produced by our kidneys. A B C

8. Men over 50 should take melatonin supplement as a pill. A B C

2.

A / B / AB is true?

9. Poor sleep

A) is strongly linked to weight gain

B) makes you less motivated to exercise

10. Sleep improves

A) memory and productivity

B) emotional intelligence.

11. If you find it difficult to remember names or you forget your keys, etc.

A) you should practise meditation

B) improve the quality of your sleep.

12. Poor quality sleep is strongly linked to certain mental conditions like

A) depression

B) anxiety

13. The lack of sleep causes

A) a low level of serotonin

B) a low level of dopamine

14. Sleep deprivation may lead to

A) having a bigger appetite

B) a disruption in the regulation of hormones

3.

What's the missing word? (in 7 you need two words)

1. Quality sleep improves immune _____ .

2. People who slept less than 7 hours a night were _____ times more likely to develop a cold.

3. Good sleep may _____ you contract common cold or the flu.

4. Sleep reduces the _____ of heart disease and diabetes.

5. In a scientific experiment, volunteers were allowed to sleep only four hours for _____ nights .

6. According to the experiment, the volunteers showed _____ of pre-diabetes.

7. Don't go to bed late, don't leave the TV on and don't use your _____ .

8. These simple changes can make a _____ of difference.