



# Sleeping well

*Listen to the conversation and fill the blanks*

**REBECCA:** Hey are you ok?

**ANNETTE:** No, I have a \_\_\_\_\_

**REBECCA:** Why?

**ANNETTE:** Maybe because I didn't \_\_\_\_\_ yesterday

**REBECCA:** Did you \_\_\_\_\_? or what?

**ANNETTE:** Lately, \_\_\_\_\_ been feeling stress and \_\_\_\_\_ sleep \_\_\_\_\_

**REBECCA:** Do you want to talk about it?

**ANNETTE:** No, I don't want to, no worries

**REBECCA:** It's fine, but remember to sleep \_\_\_\_\_ 6 hours to \_\_\_\_\_