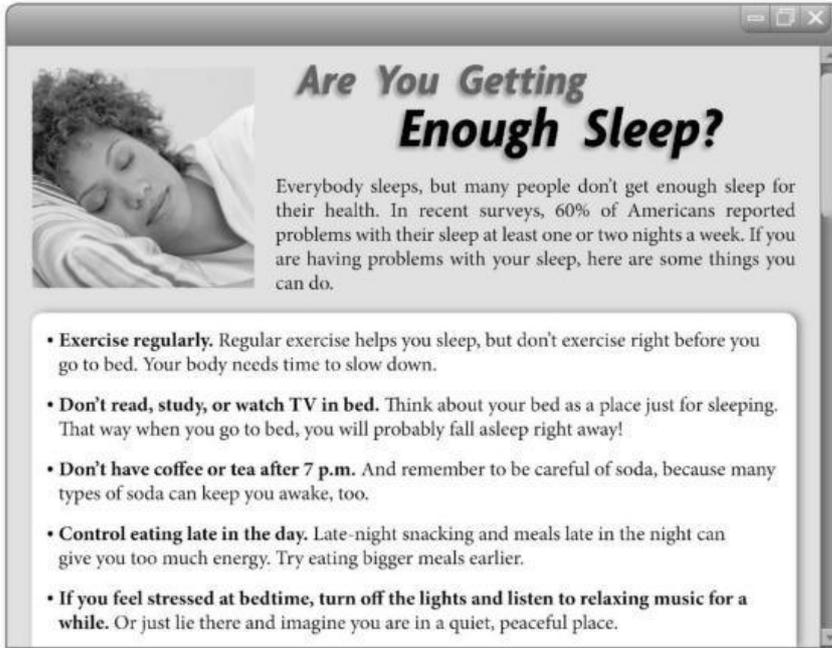


Reading test

Name: _____

Date: _____

○ Read the email. Then choose true or false for each statement.



Are You Getting Enough Sleep?

Everybody sleeps, but many people don't get enough sleep for their health. In recent surveys, 60% of Americans reported problems with their sleep at least one or two nights a week. If you are having problems with your sleep, here are some things you can do.

- **Exercise regularly.** Regular exercise helps you sleep, but don't exercise right before you go to bed. Your body needs time to slow down.
- **Don't read, study, or watch TV in bed.** Think about your bed as a place just for sleeping. That way when you go to bed, you will probably fall asleep right away!
- **Don't have coffee or tea after 7 p.m.** And remember to be careful of soda, because many types of soda can keep you awake, too.
- **Control eating late in the day.** Late-night snacking and meals late in the night can give you too much energy. Try eating bigger meals earlier.
- **If you feel stressed at bedtime, turn off the lights and listen to relaxing music for a while.** Or just lie there and imagine you are in a quiet, peaceful place.

- More than half of Americans don't have problems with their sleep at least once a week.
a) True b) False
- You should exercise at night – around 9 p.m.
a) True b) False
- It's not good to read in bed before going to sleep.
a) True b) False
- Not drinking soda in the evening could keep you awake.
a) True b) False
- Eating late at night can give you a lot of energy.
a) True b) False
- If you feel stressed at bedtime, sleep for a while.
a) True b) False
- Listening to music in bed could help you sleep.
a) True b) False
- If you want to sleep, get up and go to a quiet place.
a) True b) False
- We need to try eating bigger meals earlier
a) True b) False