

Listen to the radio interview and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

1.....	an exam	a. useful information or advice
2.....	bedtime	b. a test to show what a person knows or can do
3.....	a listener	c. the time you go to bed
4.....	low	d. the most difficult
5.....	a tip	e. quiet
6.....	the hardest	f. a person who listens
7.....	busy	g. making a lot of noise
8.....	loud	h. doing something

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

1.	The guest in the studio is a teacher.	True	False
2.	Some people can sleep well with a television on.	True	False
3.	It is bad to think a lot before going to bed.	True	False
4.	It is good to play video games before bed.	True	False
5.	It is good to turn your mobile off when you go to sleep.	True	False
6.	It is bad to play loud music while you sleep.	True	False

2. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

earlier in the evening

Welcome

Turn off

useful advice

great to be here

down low

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.

Discussion

Do you sleep well?

How many hours do you sleep a night?

Vocabulary Box

Write any new words you have learnt in this lesson.