

**Listening skills practice: A good night's sleep – exercises**

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.                    | <i>True</i> | <i>False</i> |
| 2. | Some people can sleep well with a television on.         | <i>True</i> | <i>False</i> |
| 3. | It is bad to think a lot before going to bed.            | <i>True</i> | <i>False</i> |
| 4. | It is good to play video games before bed.               | <i>True</i> | <i>False</i> |
| 5. | It is good to turn your mobile off when you go to sleep. | <i>True</i> | <i>False</i> |
| 6. | It is bad to play loud music while you sleep.            | <i>True</i> | <i>False</i> |

**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.