Directions: Push play on the audio and then type the missing words in the boxes. You can listen to the audio a total of 3 times. After 3 times, scroll down to the bottom of the page and click **'Finish'**, then click **'Check my Answers'**. Then, take a screenshot of each page of your results and paste them in the homework file.

_____ studies have shown the _____ of napping, such as improved _____ and _____. And a mid-afternoon _____ is normal in Spain and Italy. But in the United States, people who nap can be _____ as _____ and sleeping at work is even banned in _____ government buildings. While _____ napping is _____ in the US, some companies and managers _____ it. Ice cream _____ Ben & Jerry's has had a nap room in its Vermont _____ for a couple of _____. "_____ who feel taken care of are much more likely to use this _____," company _____ Sean Greenwood said.

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Arianna Huffington, _____ of the news _____ Huffington Post, became an _____ of naps after she _____ from _____ in 2007. She _____ a nap room at her _____ company, now called HuffPo, and at _____ Global, where she is now CEO. "If people have _____ _____ all night because of a sick child or a _____ _____, if they have the _____ to nap ... then they will be much more _____ and _____ for the rest of the day," Huffington said.

In some _____ naps are _____ and even a _____. Nurses working night _____ are encouraged to take naps. But many _____ can't take naps because they're too _____ and aren't given _____ to beds. Some companies are trying to _____ this _____. _____ by his mother who worked as a nurse, Neil Wong _____ Nap York, which _____ _____ sleeping pods in New York for $27 an hour. His regular _____ include _____ workers, long-distance _____, and doctors who work at nearby

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_____. Nap York also gives _____ to _____ workers, such as police _____, _____ and medical _____. "In this _____, you really only have two _____ to sleep: you have your bed at home and you have a _____ room you can probably get for 100 _____," Wong said. "There's really no third _____ that's quiet, that provides some privacy, where you can also _____."

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