

**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.

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

English with Rayah©

\_\_\_\_\_. 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 \_\_\_\_\_."