

SLEEPING WELL

Read the text and choose the best word for the gaps.

DEEP SLEEP

Deep sleep is important for (1) _____. The actual (2) _____ of sleep you need depends (3) _____ your age. A young child (4) _____ to sleep ten to twelve hours, and a teenager about nine hours. Adults differ a lot in their sleeping (5) _____. For most of them, seven to eight hours a night is (6) _____, but some sleep longer, while others manage with only four hours.

For a good night, having a comfortable (6) _____ to sleep is very important. Also, there should be (7) _____ of fresh air in the room. A warm drink sometimes helps people to sleep, (8) _____ it is not a good idea to drink coffee immediately before going to bed.

(9) _____ you have to travel a very long distance, try to go to bed earlier than usual the day before the (10) _____. This will help you to feel more rested when you arrive.

