

# A Good Night's Sleep



Directions: Listen to the audio. Check your understanding: true or false.

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 bed.  
 True  False
6. It is bad to play loud music while you sleep.  
 True  False