

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