

**Listen to the audio as many times as you need to, and then fill in the blanks.**

Going to bed \_\_\_\_\_ may be bad for us. It could \_\_\_\_\_ our life. A \_\_\_\_\_ in the UK looked at 430,000 \_\_\_\_\_ between the \_\_\_\_\_ of 38 and 73. Researchers \_\_\_\_\_ the \_\_\_\_\_ of people who went to bed \_\_\_\_\_ to those who went to bed late. People who go to bed late \_\_\_\_\_ 10 percent more \_\_\_\_\_ to die \_\_\_\_\_. People who sleep late were at a higher \_\_\_\_\_ of \_\_\_\_\_ problems or an early death compared to people who \_\_\_\_\_ early and \_\_\_\_\_ up early.

A \_\_\_\_\_ said working \_\_\_\_\_ should \_\_\_\_\_. He said this was a public health \_\_\_\_\_ that we need to look at. He said people should \_\_\_\_\_ and \_\_\_\_\_ work later in the day so they can sleep \_\_\_\_\_. Late sleepers have a \_\_\_\_\_ risk of \_\_\_\_\_ problems, diabetes, and breathing \_\_\_\_\_. They also \_\_\_\_\_, drink \_\_\_\_\_ and take \_\_\_\_\_ more. Different \_\_\_\_\_ patterns at weekends could also \_\_\_\_\_ health problems for late \_\_\_\_\_.