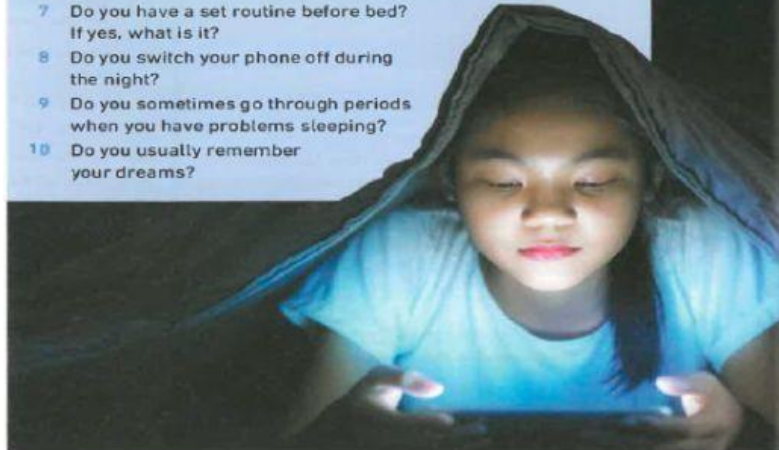


DISCUSSION QUESTIONS

- 1 Would you say you are an early bird or a night owl?
- 2 How many hours' sleep a night do you need?
- 3 How often a week do you get fewer hours than you would like?
- 4 How often do you sleep during the day?
- 5 Do you usually fall asleep quickly?
- 6 How do you usually spend the hour before sleeping?
- 7 Do you have a set routine before bed? If yes, what is it?
- 8 Do you switch your phone off during the night?
- 9 Do you sometimes go through periods when you have problems sleeping?
- 10 Do you usually remember your dreams?

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USE OF ENGLISH

EXAM TASK

- 4** For questions 1-8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

A cure for insomnia?

I've just read an article about blue light and I think I've discovered (0) THE most likely reason for my recent restless nights! You see, blue light, emitted by sunshine, some types (1) _____ lighting and electronic device screens, has both benefits and dangers for us. It helps improve mood, memory and concentration, but if we (2) _____ a lot of time staring at screens, it can actually cause damage to our eyes. Interestingly, the article also points (3) _____ that blue light controls our body clocks and using electronic devices too much immediately (4) _____ going to bed can disrupt our sleep cycles. My nights have (5) _____ getting worse recently and I'm sure it's because I (6) _____ just started reading on my tablet when I'm in bed. The experts' advice (7) _____ to avoid using bright screens for about two to three hours before sleep, but I don't think I can restrict myself quite that much. Maybe, I'll switch (8) _____ reading a printed book and give social media a miss after nine o'clock!

Deep sleep is important for **EVERYONE EACH SOMEONE BOTH**. The actual **AMOUNT SUM NUMBER SIZE** of sleep you need depends **ON TO OF IN** your age. A young child **SHOULD COULD MUST OUGHT** to sleep ten to twelve hours, and a teenager about nine hours. Adults differ a lot in their sleeping **ACTIONS HABITS MANNERS WAYS**. For most of them, seven to eight hours a night is **ENOUGH LESS WELL FEW**, but some sleep longer, while others manage with only four hours.

For a good night, having a comfortable **PART POINT POSITION PLACE** to sleep is very important. Also, there should be **ENOUGH MUCH PLENTY MANY** of fresh air in the room. A warm drink sometimes helps people to sleep, **BECAUSE ALTHOUGH AS EVEN** it is not a good idea to drink coffee immediately before going to bed.

IF UNTIL AFTER SINCE you have to travel a very long distance, try to go to bed earlier than usual the day before **the VISIT JOURNEY VOYAGE CALL**. This will help you feel more rested when you arrive.

DISCUSSION QUESTIONS

5 Work in pairs and discuss the questions.

- 1 Do you spend a lot of time looking at screens during the day and before bed? Do you think it affects you in any way?
- 2 Would it be difficult to change your screen habits? Give reasons.