Listening skills practice: A good night's sleep – exercises

Listen to the radio interview and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

1……..	an exam	a.	useful information or advice
2……..	bedtime	b.	a test to show what a person knows or can do
3……..	a listener	c.	the time you go to bed
4……..	low	d.	the most difficult
5……..	a tip	e.	quiet
6……..	the hardest	f.	a person who listens
7……..	busy	g.	making a lot of noise
8……..	loud	h.	doing something

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

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

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2. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

earlier in the evening	Welcome	Turn off
useful advice	great to be here	down low

1. _____ to the show, Doctor Baker.
2. Thank you. It's _____. Let's start with tip one.
3. Do your hardest homework _____.
4. _____ your mobile when you go to bed.
5. Play music if you like. But turn the sound _____.
6. That is very _____ for our young listeners.

Discussion
Do you sleep well? How many hours do you sleep a night?

Vocabulary Box	Write any new words you have learnt in this lesson.

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