



Sleeping well

Listen to the conversation and fill the blanks

REBECCA: Hey are you ok?

ANNETTE: No, I have a _____

REBECCA: Why?

ANNETTE: Maybe because I didn't _____ yesterday

REBECCA: Did you _____? or what?

ANNETTE: Lately, _____ been feeling stress and _____ sleep _____

REBECCA: Do you want to talk about it?

ANNETTE: No, I don't want to, no worries

REBECCA: It's fine, but remember to sleep _____ 6 hours to _____