

Fill in the gaps with the words from the box:

alleviate inhibit bolsters make up for tranquil backfire swear by falls into  
put \_\_\_ to the test eating away at drifting off satiety withdrawal(x2) staple

**Counting sheep helps you fall asleep (myth)**

When it comes to having trouble falling asleep, people the world overall have their remedies for \_\_\_\_\_. Some \_\_\_\_\_ a glass of milk while others count sheep. The theory behind the counting sheep exercise is that the simple, rhythmic, and repetitive nature of the visualization helps people sleep. But, when experts at Oxford University \_\_\_\_\_ this theory \_\_\_\_\_ they found that it doesn't work. People in the study who were asked to count sheep took 20 minutes longer to fall asleep than those who were asked to think of calming and \_\_\_\_\_ scenes like waterfalls or a beach.

**Smelling an apple can prevent claustrophobia (fact)**

An apple a day can do more than just keep the doctor away, it can also help with claustrophobia. Apparently smelling a green apple will \_\_\_\_\_ the stress associated with confined spaces, according to research from the Smell and Taste Treatment and Research Foundation. Sniffing a green apple can also prevent headaches and migraines and some homeowners even use the scent to make their houses seem bigger to potential buyers.