SLEEP AND LIGHT



Listen and decide if the following sentences are true (T) or false (F).

	TRUE	FALSE
1.The article says everyone knows it is important to sleep in the dark.		
2. Sleeping in the dark can reduce the risk of getting heart disease.		
3. About 40% of people sleep in the dark.		
4. The article says the light from alarm clocks doesn't affect us.		
5. Dr Phyllis Zee said she took medicine every night to help her sleep.		
6. Researchers looked at people's sleep pattern over 20 nights.		
7. People who slept in the dark had lower blood sugar levels.		
8. The doctor suggested we wear an eye mask to help us sleep.		

LIVEWORKSHEETS