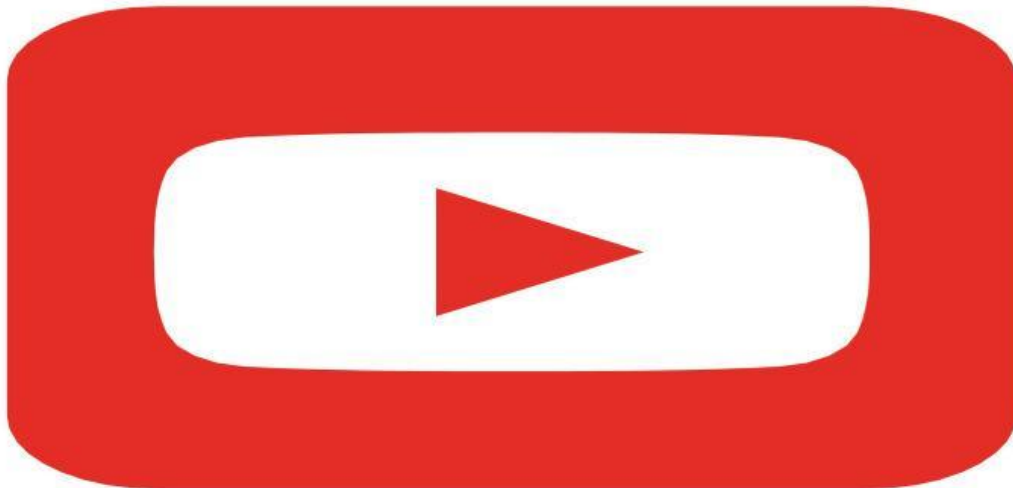# LKPD PROCEDURE TEXT TECHNOLOGY

Nama:

Class:

Youtube

listen to the video carefully and give True(T)for the correct answer and False(F)for wrong answer.

a. Make sure your room is quiet, dark, and not too hot or too cold.(   )

b. Don't nap too much during the day. It can make it harder to sleep at night.(   )

c. eat as much as you can before bedtime(   )

d. Do something relaxing before bed. Reading a book or listening to soft music can help you wind down and get ready for sleep.(   )

e. create a comfortable sleep environment (   )

arrange these random sentences into correct sentences and write the goal

how to get enough sleep   (   )

1. Don't nap too much during the day. It can make it harder to sleep at night (   )
2. Avoid drinking cola or sugary foods close to bedtime. They can keep you awake.(   )
3. Good sleep is a big part of staying healthy and feeling good, so it's important to make it a priority!(   )
4. Do something relaxing before bed. Reading a book or listening to soft music can help you wind down and get ready for sleep.(   )
5. Do some physical activities during the day. This can help you sleep better at night(   )
6. Make sure your room is quiet, dark, and not too hot or too cold(   )
7. Try to go to bed and get up at the same time every day. This helps your body know when it's time to sleep.(   )

translate these vocabularies into bahasa

1. sleep:

2. bed :

3. hot :

4. cold:

5. healthy:

6. feeling good:

7. reading:

8. priority:

9. quiet:

10. listening: