

Listen to a radio interview with a sleep researcher about teenagers and sleep. Select the correct answer.

- 1 Anja thinks that teenagers are **to blame for/ treated unfairly for / need education about** their sleep patterns.
- 2 According to Anja's research, young people's body clocks **haven't developed yet / are the same as adults / work on a different schedule**.
- 3 The host admits he has been frustrated with **school start times / his teenage children / his own sleep habits**.
- 4 According to Anja, teenagers can **have health problems from waking up early / catch up on sleep on the weekend / sleep well if they exercise**.
- 5 Anja says that in order to improve the sleep situation for young people **parents must insist on a strict bedtime routine / they must take expert advice / society must adjust**.

Choose the correct word(s).

Example: Jim **used to / 's used to** eat a lot of junk food, but now he eats healthily.

- 1 On my day off, I **often / 'm used to** drive to the mountains and do some climbing.
- 2 I **wasn't used to / didn't use to** eat fish at all, but I have it occasionally now.
- 3 When I was young, my mother **would / use to** always bake cakes on the weekend – I loved it!
- 4 I'm **not used to / didn't use to** speaking so much English – it's tiring!
- 5 When we were students, we **use to / used to** go to music festivals every summer.
- 6 Driving on the left was weird at first, but I **use to / 'm used to** it now.
- 7 Tara and Steve used to **be / being** in a band, but it's split up now.
- 8 I can't **get used to / be used to** this new comforter. It's much thicker than the old one.
- 9 Did you **use to / used to** take music lessons at school?
- 10 The choir **usually / use to** practices on a Saturday, but the auditorium is being redecorated this weekend.

Choose the correct word(s) to complete the sentences.

Example: When it's really hot in summer, I just sleep under a _____.
comforter pillow sheet

1 I didn't hear you get back last night; I was _____ asleep.

fast deep fallen

2 My dad _____ so loudly that he keeps everybody awake at night.

yawns oversleeps snores

3 You don't need to worry about _____ – that alarm clock's incredibly loud.

oversleeping having a nightmare keeping awake

4 If you eat too much late at night, it will _____ you awake.

stay keep make

5 I use a special _____ that gives my long neck enough support.

comforter blanket pillow

6 Why are you _____? Are you tired or just bored?

snoring napping yawning

Fill in the blanks with the right loan words.

1. After the performance, the audience demanded an _____.
2. There was a long _____ outside the movie theater.
3. The event turned into a complete _____ due to poor planning.
4. Making a comment about someone's appearance can be a social _____.
5. The _____ started a successful tech company.
6. I'm such _____; I always trip over my own feet.
7. We need to leave soon, so _____!
8. The rebels planned a _____ to overthrow the government.
9. We bought fresh sandwiches from the _____.
10. The artifact was found _____, exactly where it had been left.
11. The building's _____ was beautifully decorated.
12. The document was from the year 300 _____.
13. She was too _____ to realize she was being deceived.
14. Let's meet at our usual _____ for coffee.

Read the article about music and insomnia. Five sentences have been removed. Which sentence (A–F) fits each blank (1–5)? There is one extra sentence that you do not need to use.

Music beats insomnia

Everyone knows that a good night's sleep is essential for our physical and mental well-being. Sleep is so much more than a way of restoring energy after a busy day. It is a state during which the body repairs itself, stores information, and secures experiences in our memories. But in our busy world, full of technological distractions and noise and light pollution, it's difficult to get that optimum eight hours of quality sleep we all need. (1_____)

However, those whose sleep is disrupted for over a month are classified as suffering from insomnia, a condition that affects approximately 30% of adults at some point in their lives. The effects of insomnia are unpleasant, ranging from tiredness, difficulty concentrating, and memory loss, to more serious health problems such as diabetes and obesity. It's not surprising, therefore, that when insomnia hits, many people reach for the medicine cabinet. But this is not an ideal solution because taking regular sleep medication can lead to harmful effects on the body. So, what's the alternative?

Music has long been associated with relaxation. (2_____)

Many people listen to music before bed or while drifting off to sleep, but the positive effects have been mainly anecdotal and few major studies have been done to date. So, in an attempt to find a safer alternative to sleep medication, a team of experts in the UK from the University of Sheffield's Music and Wellbeing research unit collaborated with researchers from the Sleep and Cognition Laboratory at the University of Lincoln and Goldsmiths University of London on an important music-sleep project.

The first phase of the project was to survey over 650 people with varying sleep habits. The first question was designed to find out what type of music people listen to when they are nodding off, and why they believe that music improves their quality of sleep. Interestingly, the most popular musician for assisting sleep turned out to be Bach. Other popular choices included Mozart, Ed Sheeran, and Coldplay. (3_____)

Overall these included 14 different music genres and the songs of 545 different music artists. The second question asked the participants why they thought that listening to their chosen music helped them sleep. While the obvious answer might have been that it helps them to relax, the responses showed that music fulfilled a range of functions and were different for each person. (4_____)

Some participants used music as a distraction from background noise such as traffic, to prevent worrying thoughts, or to fill silence in order to provide a sense of security. Others just said they were used to the routine and couldn't sleep without it. The researchers concluded that there is no single solution for using music to improve sleep. Each individual needs to choose the music that works for them and use it in the way that works best for them. The researchers are determined to translate that into an alternative musical treatment for insomnia. The question is how?

The next phase of the research will involve expanding the survey to cover as many populations and cultures as possible. (5_____)

The aim of the research will be to ultimately develop personalized music selection technology, which could be combined with advice on sleep strategies to create a complete treatment package for people who need to restore their sleep patterns. Until this new technology has been developed, however, the best advice is to avoid spending money on the "sleep music apps" that are available to buy and to trust your own musical choices. Sweet dreams!

- A For some, it slowed racing thoughts, improved focus, and cleared the mind, making the body more ready for sleep.
- B The music that this future survey finds to be most effective overall will then be tested using advanced sleep recording techniques.
- C We all have an occasional sleepless night.
- D Historical anecdotes name Bach as popular listening material for those suffering from sleep and chronic health problems.
- E This helped more than half of the people in the study wind down and prepare for sleep.
- F However, researchers were amazed at the incredibly wide variety of responses.