

Vox pops

- 1 Look at the list of activities in exercise 2, section 2. Working alone, rank the activities 1–8 according to how useful you think they are to help you get to sleep. Compare your opinions with a partner, and then with another pair.

- 2 Watch the video. Do sections 1 and 2.

Do you find it easy to get to sleep?

- 1 Answer the questions below.
 - 1 How does exercise make Tom feel?
 - 2 What happened a couple of years ago that changed how easy it is for Ronwen to get to sleep?
 - 3 Why is it possible for Romain to manage when he sleeps?
 - 4 What would Lyndsay like?



What can people do to make sure they get a good night's sleep?

- 2 Tick the activities which are mentioned in the video as ways to help you get to sleep. If more than one person mentions an activity, tick it twice (or three times).
 - 1 doing exercise
 - 2 avoiding screens
 - 3 having a hot bath or shower
 - 4 having a hot drink
 - 5 taking sleeping pills
 - 6 reading a book
 - 7 meditating
 - 8 listening to music