

Task: What is the main purpose of the talk?

- a. To explain sleep disorders
- b. To compare sleeping positions and their health effects
- c. To give advice on how many hours people should sleep

Task: Listen again and complete the sentences.

1. Sleeping on your back may cause _____.
2. Side sleeping can help reduce _____.
3. Sleeping on your stomach may cause pain in the _____.
4. The speaker recommends keeping the _____ aligned while sleeping.

Task: Listen again and decide if the statements are True (T) or False (F).

1. ___ Sleeping on your side is helpful for people who snore.
2. ___ Sleeping on your stomach is good for spinal alignment.
3. ___ The speaker says there is only one perfect sleeping position for everyone.