

Listening: Sleeping for exam success – exercises

Listen to the talk about how getting more sleep can help you achieve better exam results and do the exercises to practise and improve your listening skills.

Preparation

Match the words and expressions with the correct definition and write a–h next to the numbers 1–8.

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| 1..... a handful | a. to breathe noisily while you are asleep |
| 2..... to consolidate | b. studying what has already been studied in order to remember it better |
| 3..... to snore | c. an informal word for sleep |
| 4..... a brain wave | d. a small number |
| 5..... kip | e. the system that moves blood through the body |
| 6..... the circulatory system | f. to try to learn a lot very quickly before an exam |
| 7..... revision | g. an electrical signal or impulse in the brain |
| 8..... to cram | h. to make something stronger |

1. Check your understanding: ordering

Write a number (1–7) to put the things Professor Manson talks about in the order that you hear them.

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| | When memory consolidation takes place. |
| | How the things we learn become part of our long-term memory. |
| | The ideal amount of sleep at each stage of life. |
| | The average time students in the class sleep. |
| | Conditions that improve memory consolidation. |
| | A personal memory from the past. |
| | Reasons why the human body needs sleep. |

2. Check your understanding: gap fill

Listen and complete the sentences with between one and three words.

1. Professor Manson remembers having lots of exams and assignments at school but didn't _____ her revision time very well.
2. Revising for an exam the night before can help _____ but a good night's sleep is even better.
3. There is a clear link between _____.
4. Most students in the class sleep between _____ hours, whereas the recommended amount for 14- to 17-year-olds is more.
5. Sleep helps the body regulate its vital functions and also gives the _____ a chance to restructure information.
6. Memory _____ is when information passes from our short-term to long-term memories via the hippocampus.
7. Memory consolidation is improved by _____ information regularly.
8. Memory consolidation takes place during stages of _____ sleep.

Discussion

What's the perfect amount of sleep for you?

What effects do you notice if you don't get enough sleep?