

Learn**English** Teens

Listening skills practice: A good night's sleep – exercises

Listen to the radio interview and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the vocabulary with the correct definition and write a-h next to the numbers 1-8.

1...... an exam a. useful information or advice

2...... bedtime b. a test to show what a person knows or can do

3...... a listener c. the time you go to bed

4...... low d. the most difficult

5...... a tip e. quiet

6...... the hardest f. a person who listens

7...... busy g. making a lot of noise

8...... loud h. doing something

1. Check your understanding: true or false

Circle True or False for these sentences.

1.	The guest in the studio is a teacher.	True	False
2.	Some people can sleep well with a television on.	True	False
3.	It is bad to think a lot before going to bed.	True	False
4.	It is good to play video games before bed.	True	False
5.	It is good to turn your mobile off when you go to sleep.	True	False
6.	It is bad to play loud music while you study.	True	False

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earlier in the evening useful advice great to be here down low 1	ck your vocabure the sentences wit	lary: gap fill the a word from the box.				
1 to the show, Doctor Baker. 2. Thank you. It's Let's start with tip one. 3. Do your hardest homework 4 your mobile when you go to bed. 5. Play music if you like. But turn the sound 6. That is very for our young listeners. Discussion Do you sleep well? How many hours do you sleep a night?	arlier in the evening	Welcome	Turn off			
2. Thank you. It's Let's start with tip one. 3. Do your hardest homework 4 your mobile when you go to bed. 5. Play music if you like. But turn the sound 6. That is very for our young listeners. Discussion Do you sleep well? How many hours do you sleep a night?	useful advice	great to be here	down low			
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How many hours do you sleep a night?	Discussion					
Do you sleep well? How many hours do you sleep a night?						
How many hours do you sleep a night?						
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Vocabulary Box Write any new words you have learnt in this lesson.	How many hours do you sleep a night?					
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Vocabulary Box Write any new words you have learnt in this lesson.						
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