

# TIPS FOR GETTING A GOOD NIGHT'S SLEEP

## CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

## Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

# THE BEST WAYS TO LEARN A FOREIGN LANGUAGE TOPICA NATIVE

1. **Vocabulary game:** In 30 seconds list as many words related to the topic “**Sleep**” as possible. Who gets most correct words will be the winner. Your words must be different from others’.



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## 2. Do you get enough sleep every day? Why or why not?

If you didn't get enough sleep, what would you do to stay awake?

## 3. Why do we need sleep?



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## 4. Role-play

**A:** You are suffering from insomnia. You have trouble falling asleep despite being very tired. Ask your friend for some advice.

**B:** You are A's friend. Ask A for some symptoms of insomnia and suggest him/her some simple sleep remedies.



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# Wrap-up

- Topic: **Tips for getting a good night's sleep**
- Have some talks about sleep and some simple sleep remedies
- Please don't forget to rate our lesson today
- Finish your homework [here \(It doesn't apply to all students\)](#)