



# Sleep

English

Name LP

Name LB

Date



Picture made by David Clode

## Sleep better thanks to good sleep hygiene



### Read

Sleep better - IKEA  
Tips to improve your sleep hygiene





## A . Text-based tasks

### ① Decide whether the statements are true, false or not in the text.

|                                                                              | true                  | false                 | not in the text       |
|------------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|
| Sleep problems are not affecting our daily life.                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sleep hygiene includes several sleep improving routines.                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Slightly cool air will help you to fall asleep.                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| In case of insomnia, try to listen to meditative music such as ocean sounds. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Exposure to blue light might benefit your circadian rhythm.                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Best is to ban your devices from your room before going to bed.              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

### ② Finish the sentences using the information given in the text.

- If you are thirsty before going to bed you should ...

- Your sleeping behaviour is influenced by ...

- Sleep hygiene includes ...



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## ③ Answer the questions in complete sentences.

- What should you do with your devices before going to bed?

- What are the sleep aid rituals mentioned in the text?

- Mention some facts that are disturbing your sleep

## ④ Ask questions. Use four different question forms.

You are meeting a sleep hygiene expert and have the chance to ask four questions about sleep and sleep problems. Write your questions down.

