



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.	☐	☐	☐
Sleep hygiene includes several sleep improving routines.	☐	☐	☐
Slightly cool air will help you to fall asleep.	☐	☐	☐
In case of insomnia, try to listen to meditative music such as ocean sounds.	☐	☐	☐
Exposure to blue light might benefit your circadian rhythm.	☐	☐	☐
Best is to ban your devices from your room before going to bed.	☐	☐	☐

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 ...



Sleep

English

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.

