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 sleep. True False
2. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

<table>
<thead>
<tr>
<th>earlier in the evening</th>
<th>Welcome</th>
<th>Turn off</th>
</tr>
</thead>
<tbody>
<tr>
<td>useful advice</td>
<td>great to be here</td>
<td>down low</td>
</tr>
</tbody>
</table>

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?

Vocabulary Box

Write any new words you have learnt in this lesson.