

Sleeping Tips

Question 25: 'Tips' in the title means

- a) rules.
- b) requests.
- c) warnings.
- d) helpful hints.

Question 26: What is meant by 'time out'?

- a) time away from the workplace
- b) time travelling to or from work
- c) a break from an activity
- d) a period of waiting before an activity starts

Question 27: What is the importance of going outside once you wake up?

- a) It gets your body active.
- b) It switches the brain on for daytime activities.
- c) It means you can't go back to bed.
- d) It makes you feel less stressed.

Question 28: Going to bed at the same time each night

- a) means you will develop good sleep habits.
- b) is better than getting up at the same time each day.
- c) ensures you get a whole nine hours' sleep.
- d) does not mean that you will go to sleep.

Question 29: The writer uses the dash (—) in this sentence to

- a) add a point not thought of earlier.
- b) expand on the first idea in a dramatic way.
- c) introduce a less important point.
- d) express two opposing ideas.

Question 30: If you are having trouble going to sleep you should

- a) start doing exercises.
- b) get up and do something quiet.
- c) simply wait for morning to come.
- d) check the time you have left before you get up.