

The Importance of Sleep

Level: B1 Topic: Health

Sleep is vital for our health and well-being. It helps our bodies recover and our minds to function properly. Most adults need between seven to nine hours of sleep each night. Lack of sleep can lead to many problems, such as difficulty concentrating, mood swings, and even health issues. To improve sleep quality, create a relaxing bedtime routine. Avoid screens and heavy meals before bed, as they can disrupt your sleep. Instead, consider reading or listening to calm music. If you struggle to sleep, try to go to bed and wake up at the same time each day. Prioritizing sleep can greatly benefit your overall health.

Questions

1. How many hours of sleep do most adults need?

- A) Three to five hours
- B) Five to seven hours
- C) Seven to nine hours
- D) Ten to twelve hours

2. What can lack of sleep lead to?

- A) Improved concentration
- B) Mood swings
- C) Better health
- D) Increased happiness

3. What is one tip to improve sleep quality?

- A) Watch TV before bed
- B) Create a relaxing bedtime routine
- C) Eat heavy meals at night
- D) Stay awake all night

4. What should you avoid before sleeping?

- A) Reading a book
- B) Calm music
- C) Screens and heavy meals
- D) Drinking water

5. What can help with sleeping troubles?

- A) Going to bed at different times
- B) Waking up at random times
- C) Going to bed and waking up at the same time
- D) Drinking caffeine before bed