

Listening Week 5



CAN YOU UNDERSTAND THIS FILM?

VIDEO

3 50))) Watch or listen to a short film on sleep research. Choose a, b, or c.

- 1 In Britain _____ have problems getting to sleep.
a over 10% b approximately 10% c more than 50%
- 2 One of the more common sleeping disorders mentioned is _____.
a Sleep paralysis b somniloquy c Exploding head syndrome
- 3 Scientists at the Sleep Unit take measurements in order to analyse people's _____.
a sleeping patterns b brain activity c body movement
- 4 Many people today are sleep deprived because they _____.
a sleep too few hours
b sleep different hours every night
c wake up a lot during the night.
- 5 Nowadays many people sleep longer hours _____.
a during the week
b after a night out
c at weekends

