

1. Match the headings (a-d) to the paragraphs (1-4).

a) Sleep Advice **b)** Sleepy Teenagers **c)** Sleeping Habits **d)** Sleep Lessons

2. Match the sentence halves.

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| a) Two thirds of the British children may | 1) ... drink tea or coffee if you have a sleep problem. |
| b) Sleep deprivation causes ... | 2) ... 9 hours of sleep every day. |
| c) A teenager needs to get almost ... | 3) ... teach how important sleep is. |
| d) Teachers in Scotland give sleep lessons to ... | 4) ... problems with behaviour, concentration and learning. |
| e) In the evenings, you shouldn't ... | 5) ... not have enough sleep. |