

1. Match the words in the text with the correct definition.

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| <input type="checkbox"/> 1. process | a) to organize and carry out an activity, especially in order to get information or prove facts |
| <input type="checkbox"/> 2. messiness | b) covered with, or full of, a lot of things or people, in a way that is untidy |
| <input type="checkbox"/> 3. surroundings | c) to deal with information |
| <input type="checkbox"/> 4. conduct | d) a state in which everything is out of order, untidy or dirty |
| <input type="checkbox"/> 5. cluttered | e) everything that is around or near a person or thing |

2. Answer the questions. Give short answers.

a) Why is it difficult to concentrate when your environment is messy?

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b) How do people feel in messy rooms according to the research by St. Lawrence University?

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c) Is it easier or more difficult to sleep in a messy room?

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d) Why do you think lack of sleep causes stress?

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