

1. Read the text. Which notes are for this text? Put a ✓.

- a) Cocoa milk is always helpful to fall into sleep. ☐
- b) Jim couldn't sleep. ☐
- c) Jim drank milk and listened to music to fall into sleep. ☐
- d) Jim can't sleep at nights. ☐
- e) Classical music is the best type of music. ☐
- f) Jim read a good book and then he felt sleepy. ☐
- g) Reading books and magazines is good for you. ☐
- h) Jim goes to bed very early. ☐
- i) He can't sleep well and then he can't wake up early in the morning. ☐

2. What is a summary of the text?

- a) Jim listens to classical music every night.
- b) Jim couldn't fall into sleep easily last night.
- c) Jim has got a sleeping problem.

3. Answer the questions.

- a) Do you like sleeping in dark and quiet places?
- b) Do you like listening to music while sleeping?
- c) What do you do to sleep?