**1a Page 10 AUDIOSCRIPT**

Pre-Intermediate Student’s Book

Life

1.2

This quiz is a good way for people to find out how they sleep. It shows them what kind of person they are. People with mostly A answers usually sleep very well. They have regular routines and they are hardly ever tired. People with B answers sleep fairly well. Most adults wake up once or twice a night and that’s normal. But these people probably have busy working lives or families so they always want extra hours in bed. Try to go to bed earlier and sleep for an extra hour at weekends. People with mostly C answers have the biggest problems. These people don’t relax before bedtime. They regularly work in the evening or do exercise. Don’t misunderstand me. Sport is good for your health but not late at night.