**1a Page 10 READING TEXT**

Pre-Intermediate Student’s Book

Life

*How well do you sleep?*

**Question: 1**

**Q: Do you often feel tired?**

**A** No, I don’t often feel tired.

**B** I sometimes feel tired after a long day at work.

**C** All the time! I’m always ready for bed.

**Question: 2**

**Q: How many hours a night do you sleep?**

**A** Between seven and eight hours.

**B** More than nine. I rarely stay up late.

**C** Fewer than six.

**Question: 3**

**Q: Before bedtime, I often ...**

**A** watch TV or read a book.

**B** do some exercise.

**C** do some work.

**Question: 4**

**Q: At the weekend, I ...**

**A** usually sleep the same amount as any other day.

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**B** sometimes sleep for an hour or two extra.

**C** always sleep until midday! I never get up early.

**Question: 5**

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**Q: How often do you wake up in the middle of the night?**

**A** I never wake up before morning.

**B** I rarely wake up more than once, and I usually fall asleep again quite quickly.

**C** Two or three times a night.

**Question: 6**

**Q: Are you often sleepy during the day?**

**A** No, I’m never tired at work.

**B** Sometimes, so I take a nap after lunch. After that I’m ready for work again.

**C** Always! That’s because I work long hours and get home late.

fall asleep /fɔ:l əˈsliːp/ start sleeping

take a nap /teɪk ə næp/ a short sleep that you have during the day