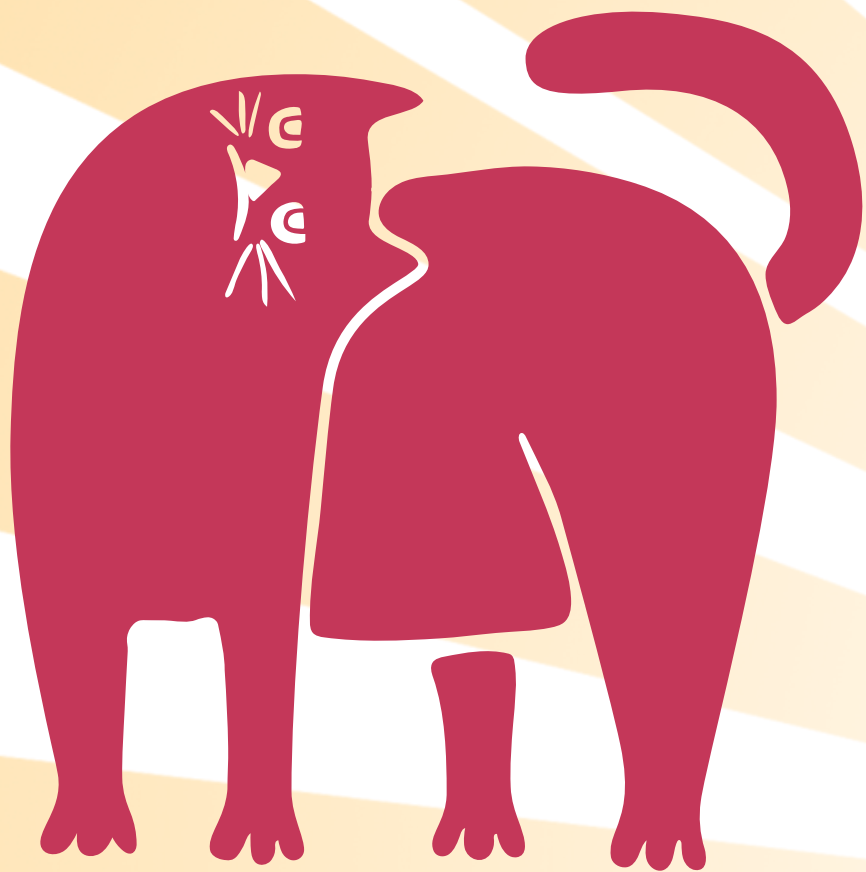




How to rest well?

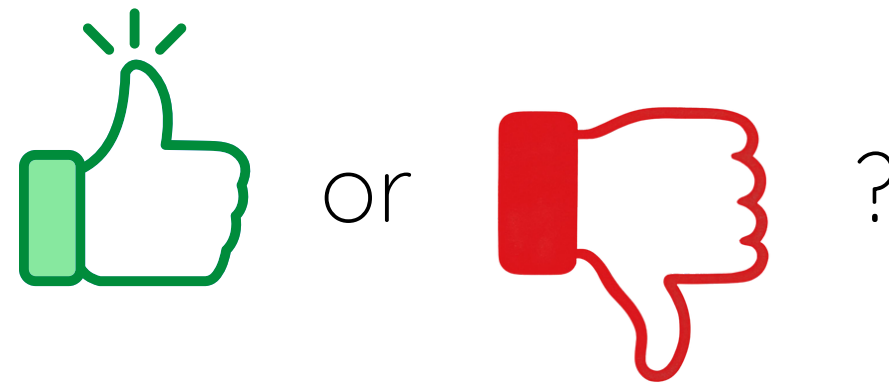
Questionable tips - let's talk!

Level: A2



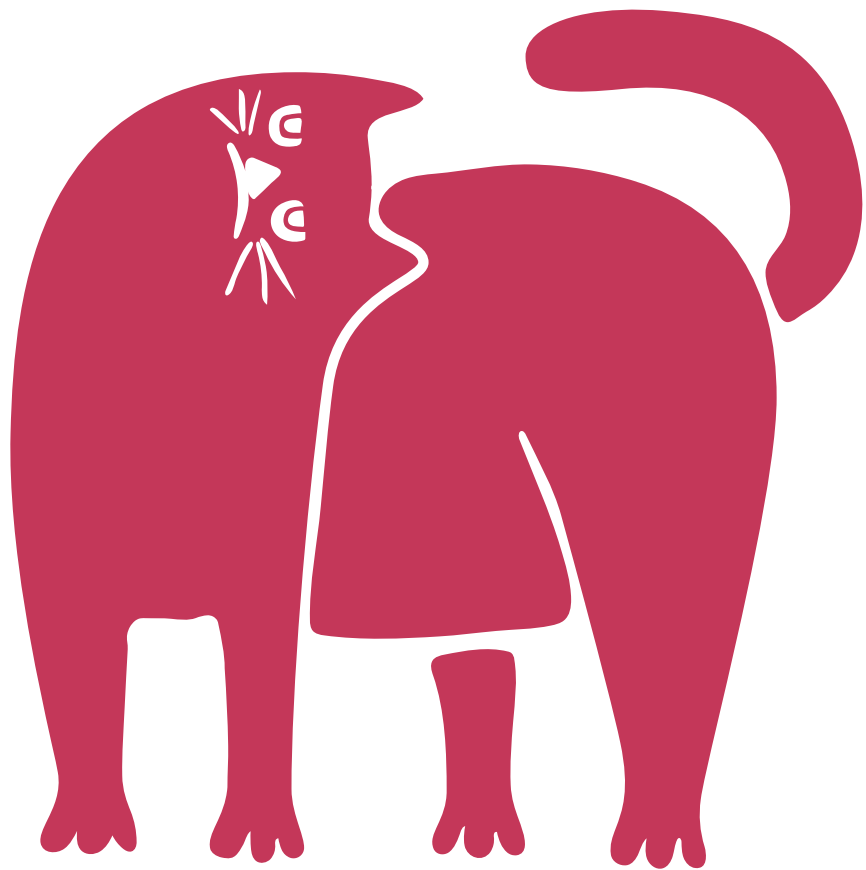
Go to Bed Only When You Feel Very, Very Tired

Some people say you should wait until you are almost falling asleep before going to bed. They think it helps you fall asleep faster.



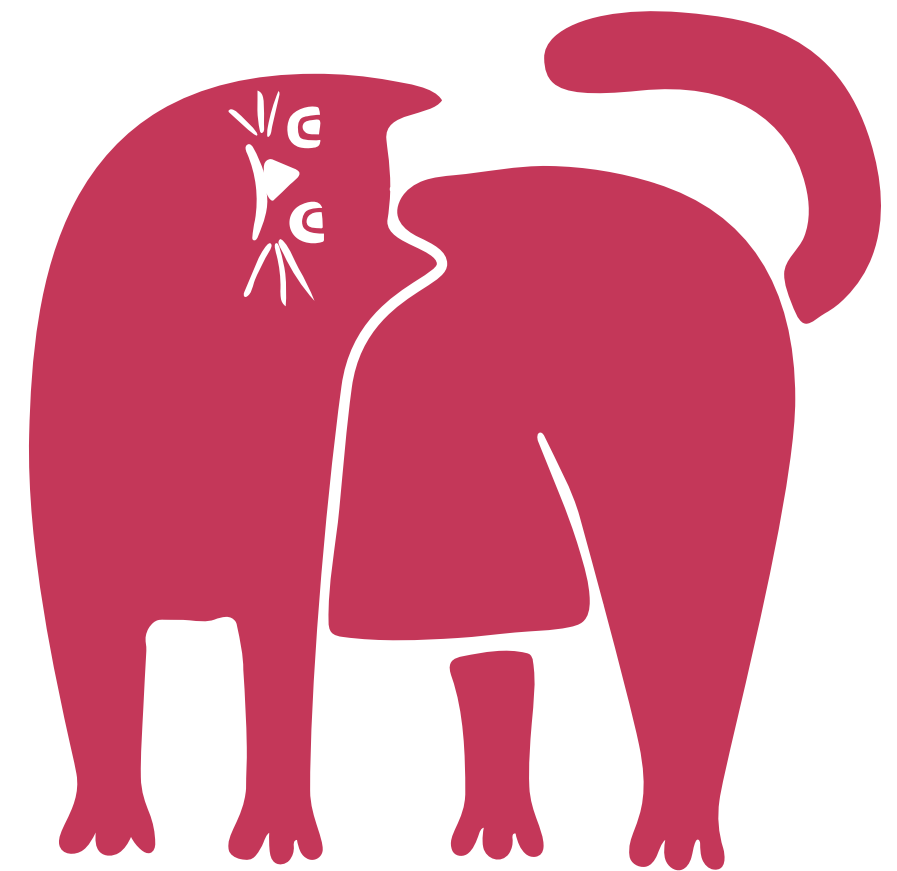
Think about:

- Does this sound like good advice to you?
- What time do you usually go to bed?
- How do you know you are ready to sleep?



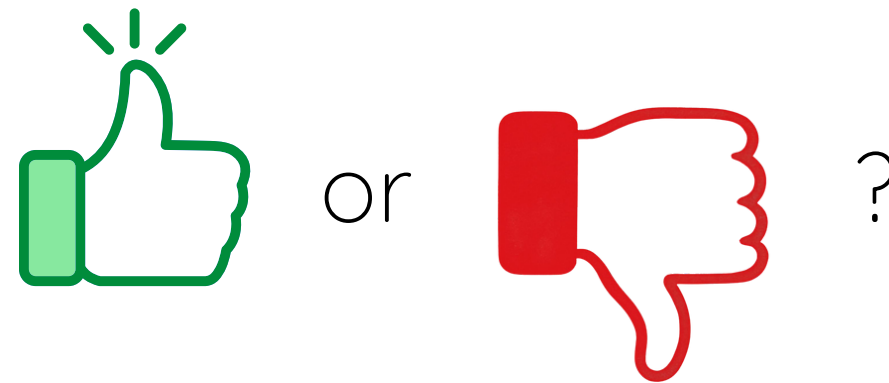
Incorrect

Going to bed too late or waiting until you're extremely tired usually harms sleep quality.



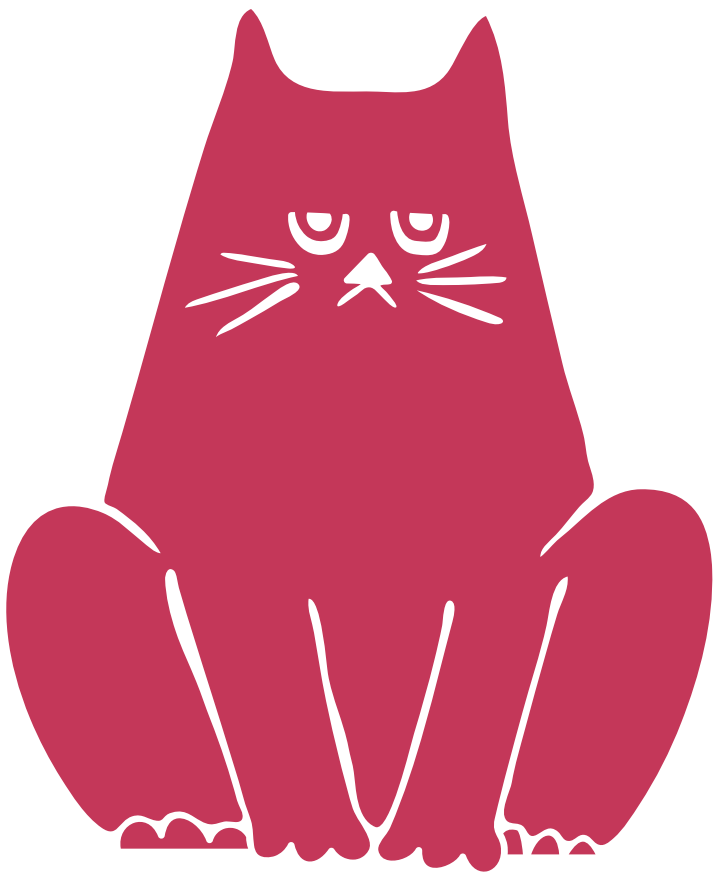
Drink Coffee Before a Short Nap

A “coffee nap” means drinking a cup of coffee and then taking a short 20-minute nap. Some people say it gives you extra energy when you wake up.



Think about:

- Have you ever tried this?
- Does coffee help you feel awake or make you nervous?
- What helps you get more energy during the day?



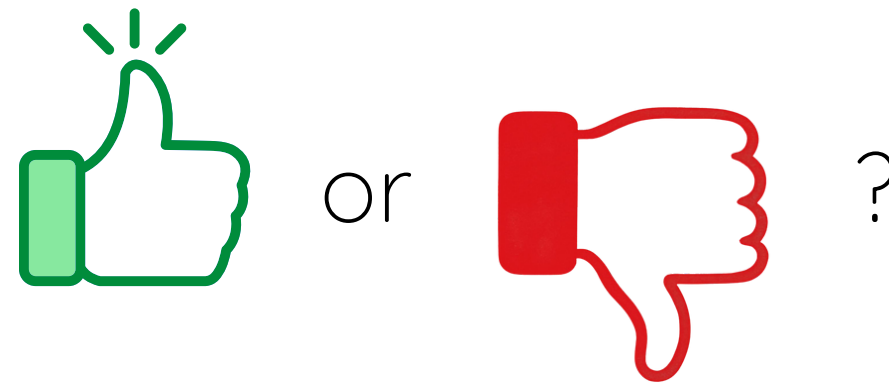
Somewhat Correct

A “coffee nap” can work for some people, but not everyone. Scientifically supported, but not universal.



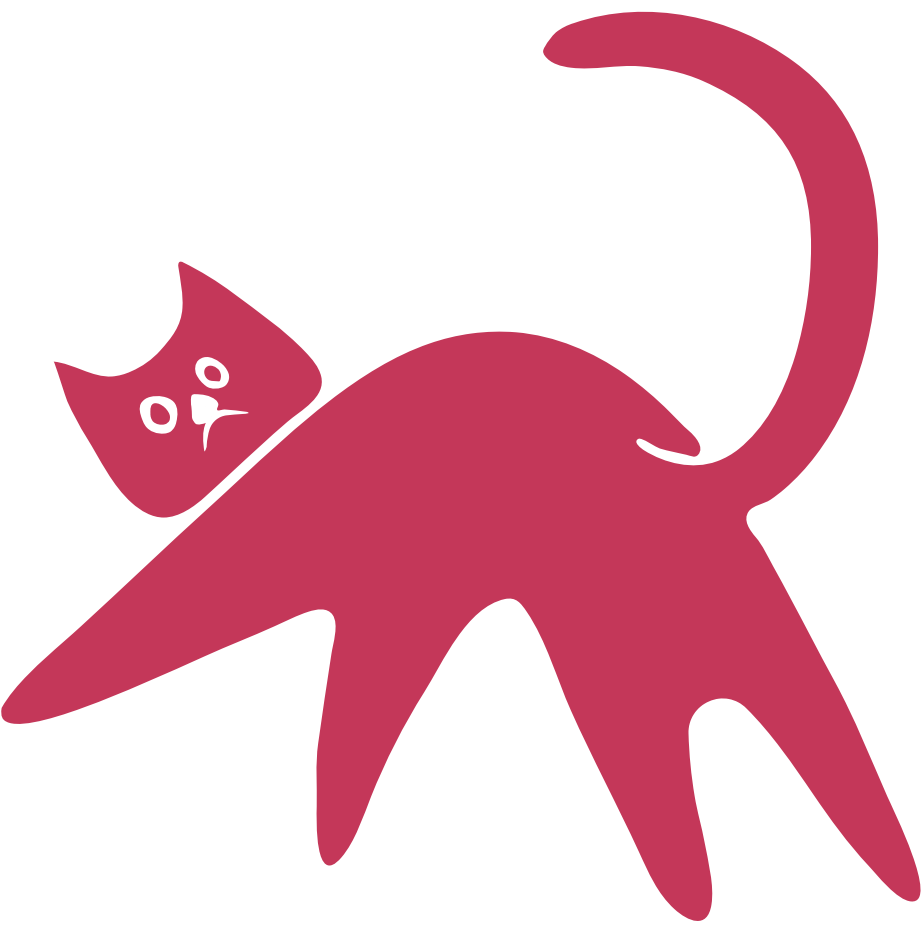
Keep Your Bedroom Very Bright

Some people believe that bright lights help your brain relax and help you wake up more naturally.



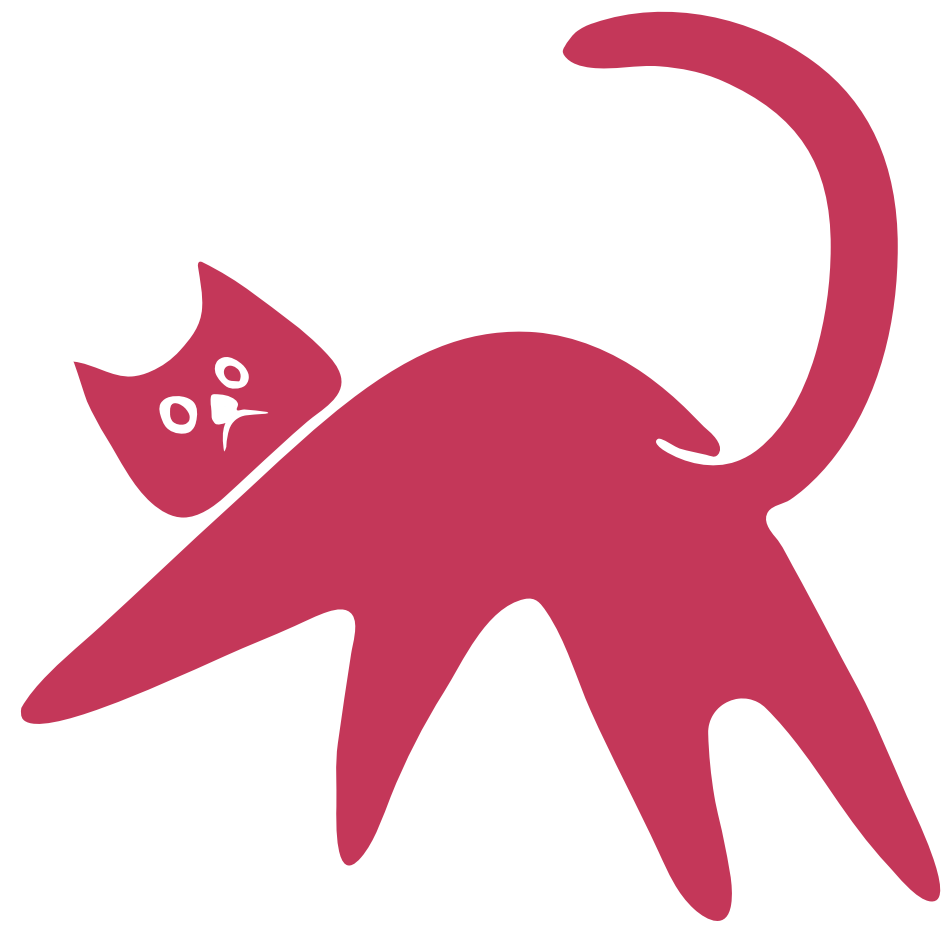
Think about:

- Do you sleep better in a dark or bright room?
- What lights do you use in your bedroom?
- Does light help you relax?



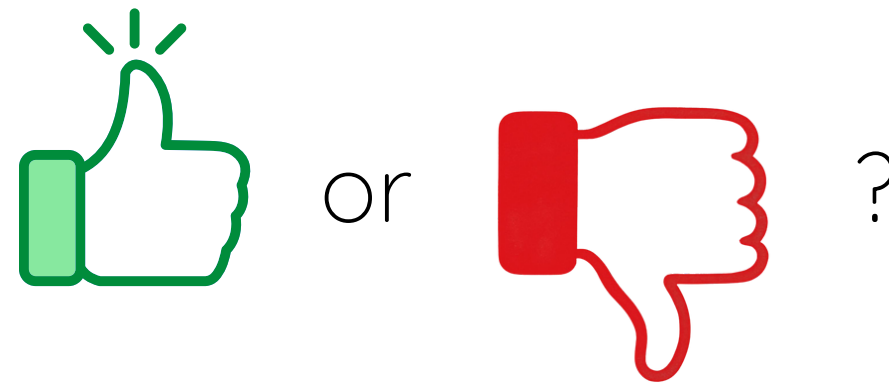
Incorrect

Bright light usually prevents good sleep. A dark room is recommended.



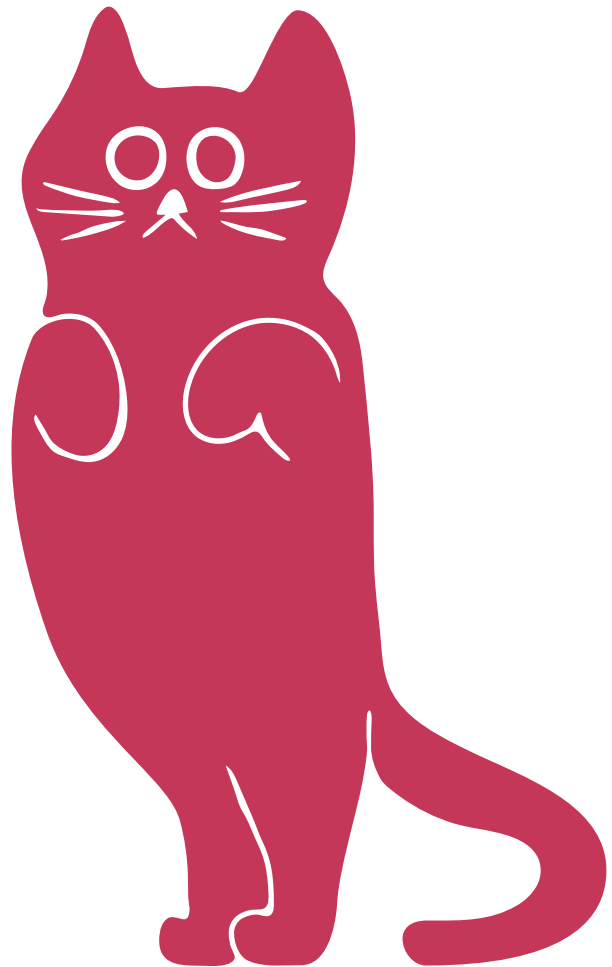
Look at Your Phone Until You Fall Asleep

Many people watch videos or scroll on their phones in bed because they think it helps them relax.



Think about:

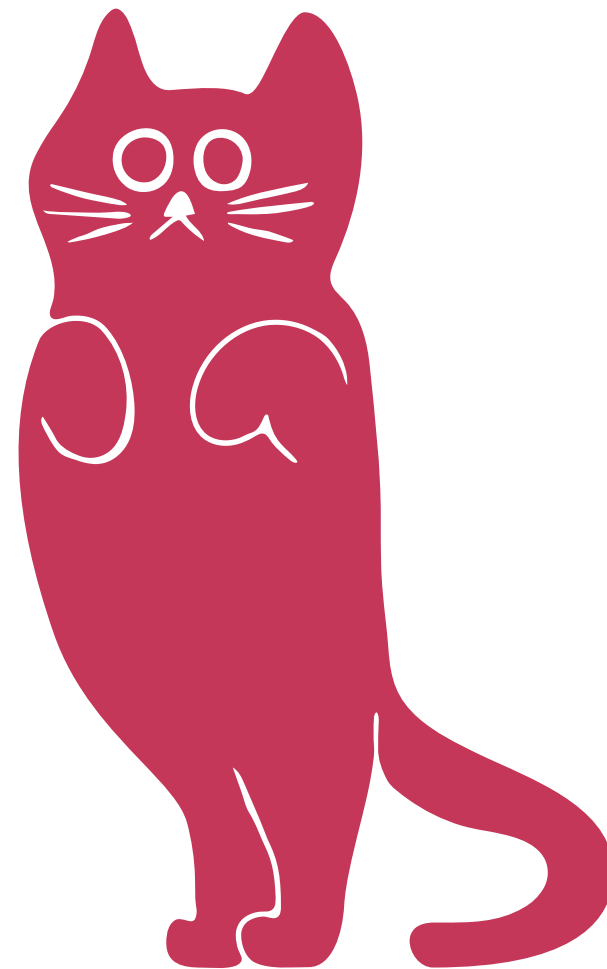
- Do screens help you relax or make you more awake?
- What do you usually do before going to sleep?
- Do you keep your phone in your bedroom at night?





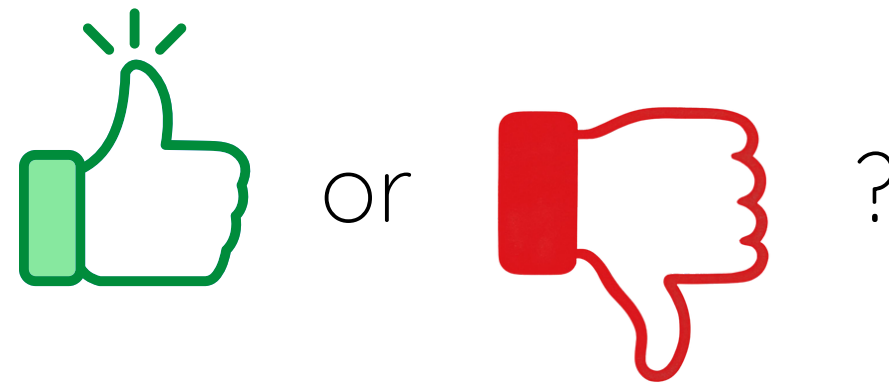
Incorrect

Screens stimulate your brain and make falling asleep harder.



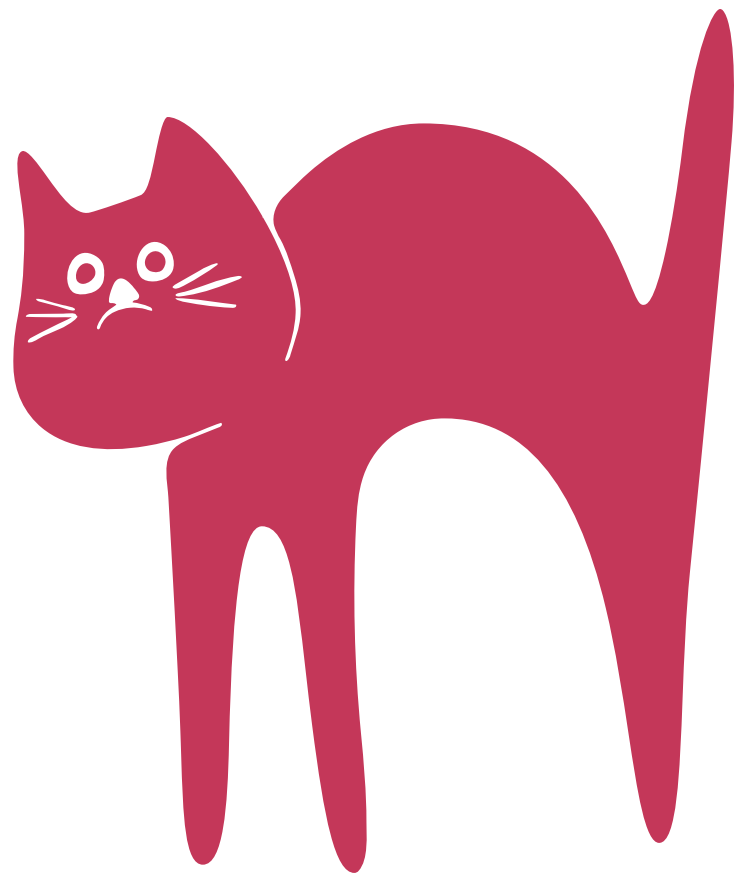
Create a Comfortable and Regular Sleep Place

Sleeping in the same place every night, with the same light, noise, and temperature, helps your body know it is time to rest.



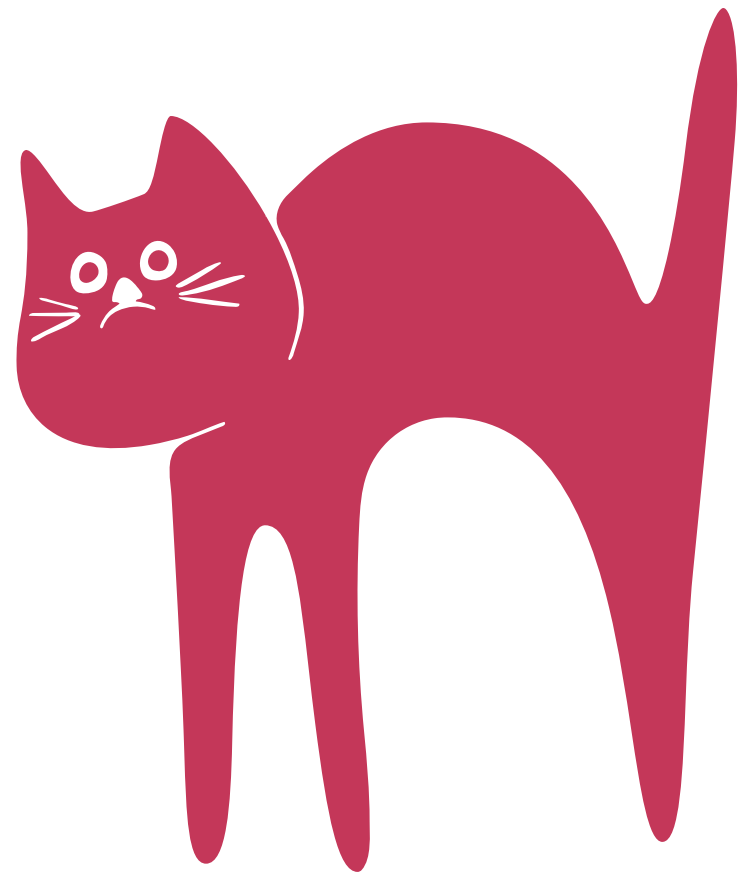
Think about:

- What makes your bedroom comfortable?
- Do you sleep well in new places?
- What can you change to sleep better?



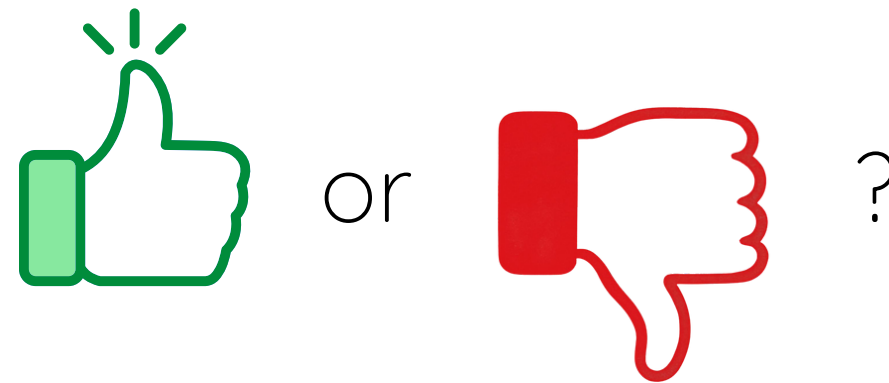


Correct!



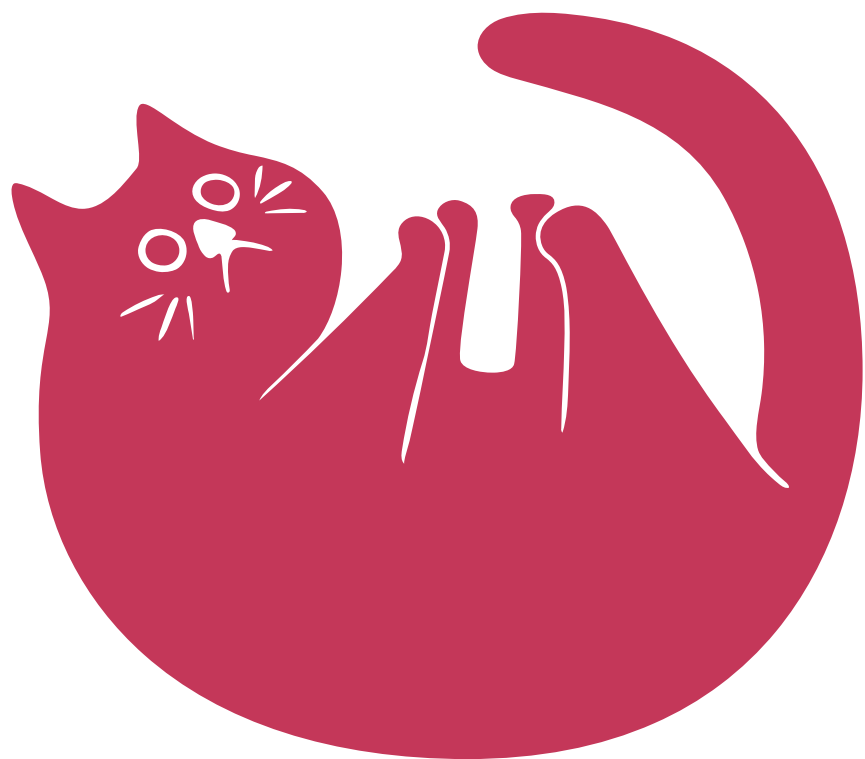
Eat a Heavy Meal Before You Go to Bed

Some people think that eating a big meal helps you relax and fall asleep faster.



Think about:

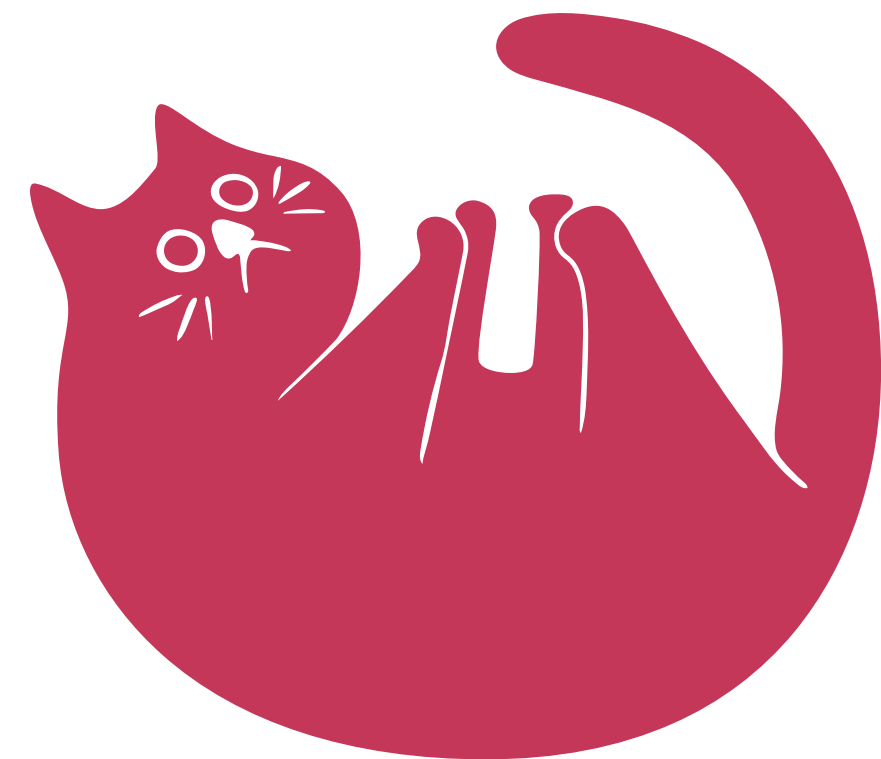
- Do you like eating late at night?
- Does eating a lot make you sleepy or uncomfortable?
- What foods help you relax in the evening?





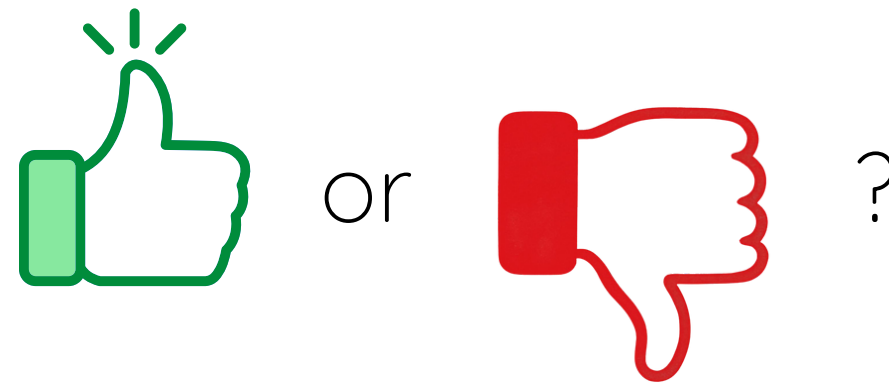
Incorrect

Heavy meals can cause discomfort and poorer sleep.



Never Take Naps

Some people say you should never take naps because they can make you sleep worse at night.



Think about:

- Do naps help you or not?
- How long is a good nap for you?
- Do you think students or workers should nap?



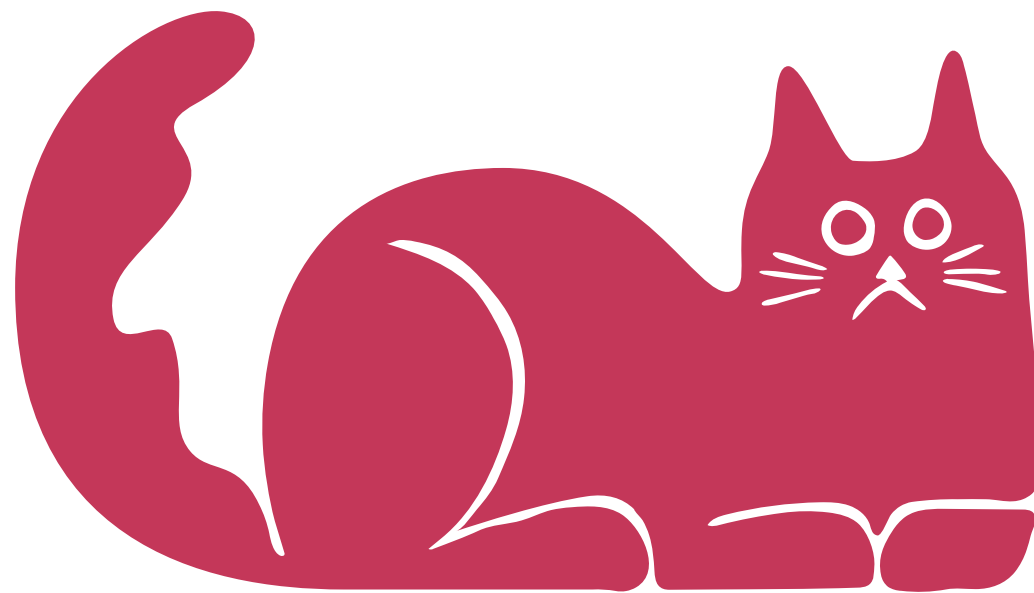
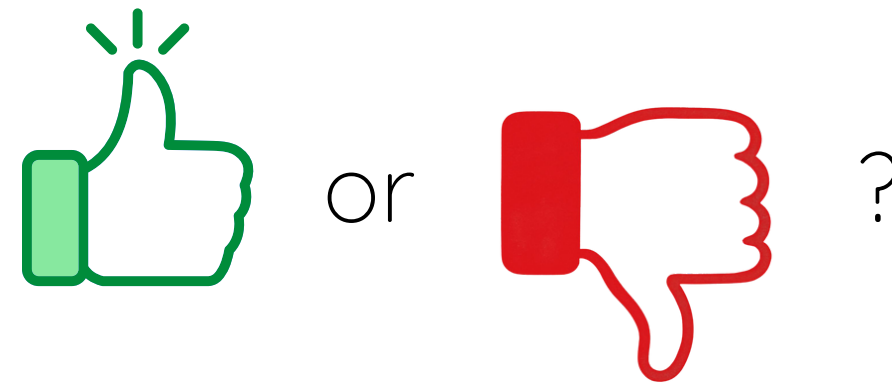
Mostly Incorrect

Short, controlled naps can be beneficial. Long or late naps may cause problems.



Exercise Hard Late in the Evening

Some people think that hard exercise at night helps you feel tired and sleep better.

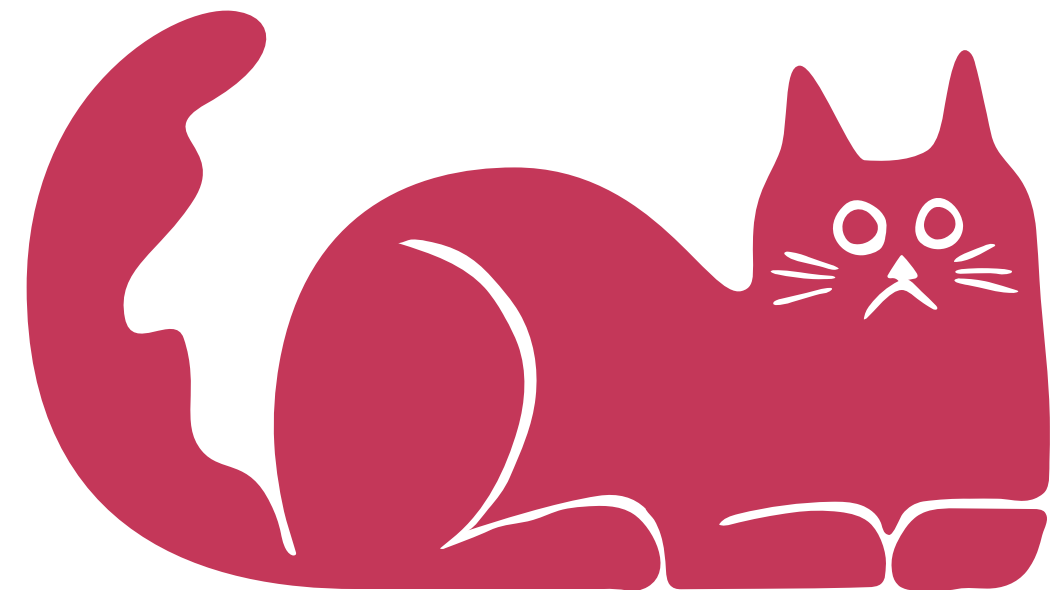


Think about:

- Do you like exercising in the evening?
- Does it help you relax or wake you up?
- When is the best time to exercise?

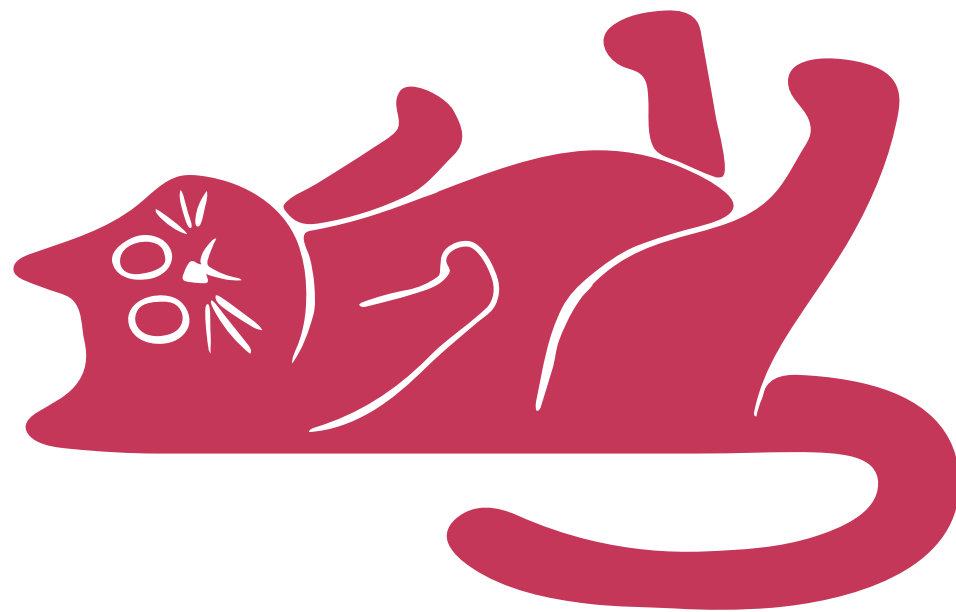
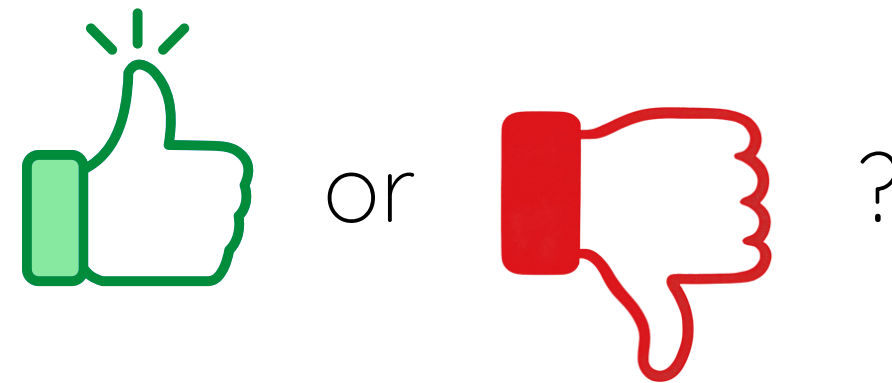
Mostly Incorrect

Intense workouts close to bedtime usually raise your heart rate and make it harder to fall asleep.



Listen to Very Loud Music to Relax

Some people believe loud music helps your brain “switch off” so you fall asleep faster.

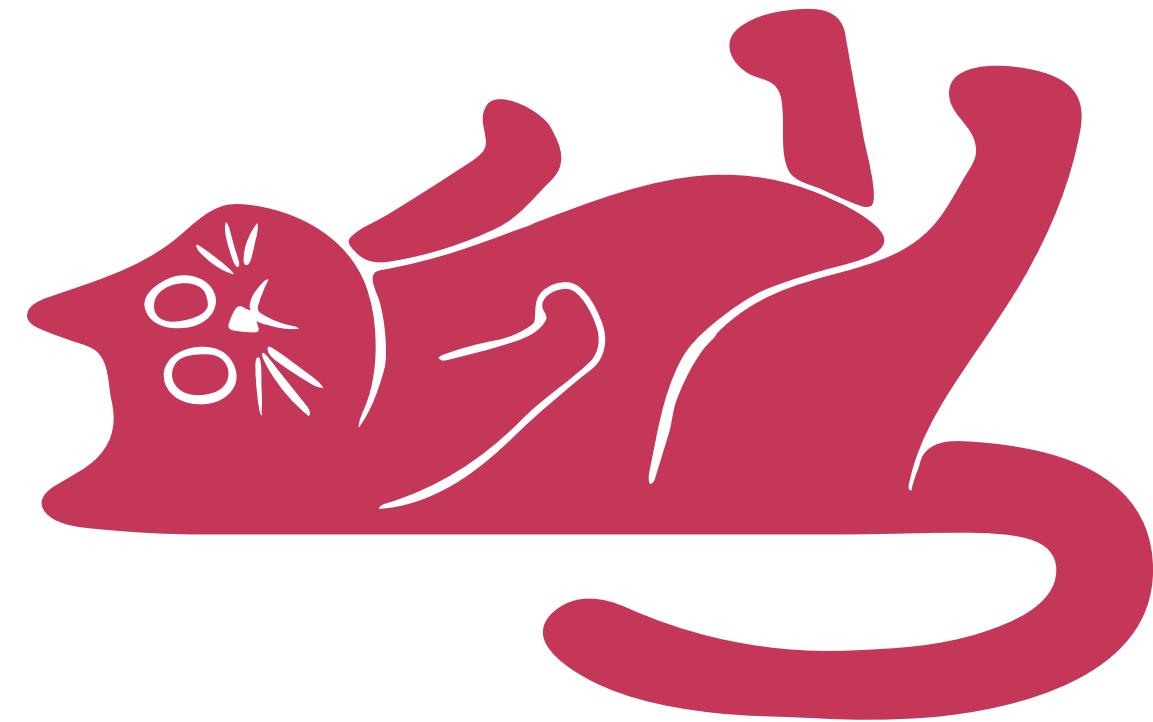


Think about:

- What music helps you relax?
- Do you like sleeping with music or silence?
- What sounds help you feel calm?

Incorrect

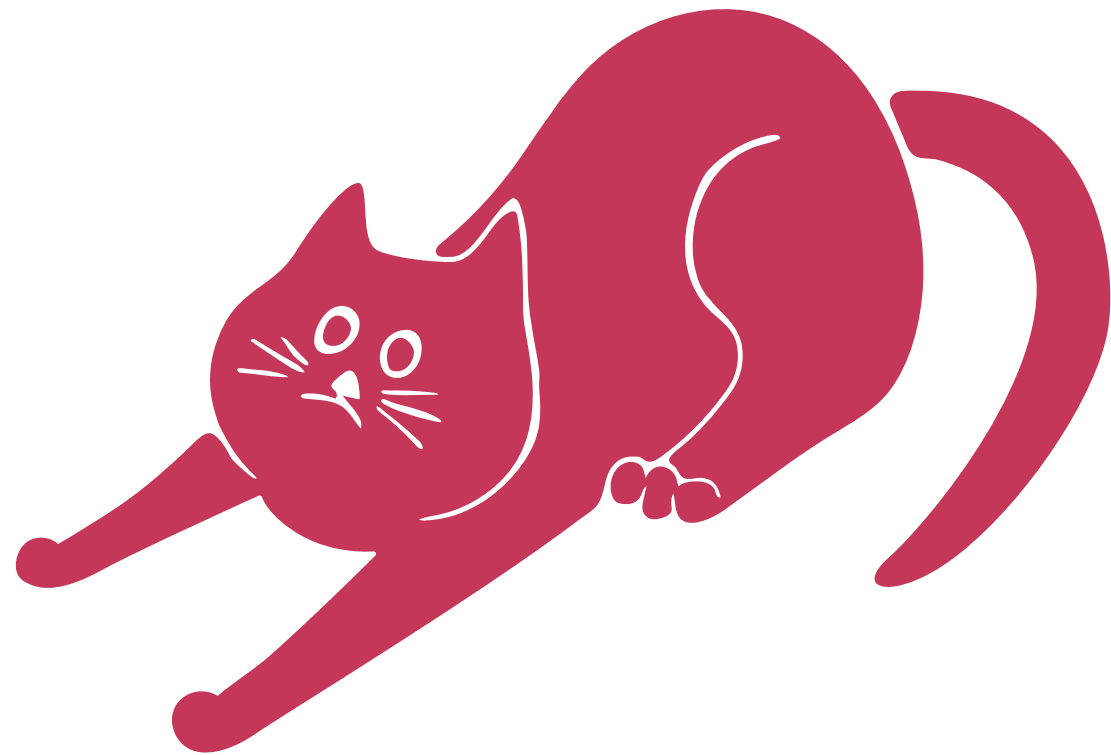
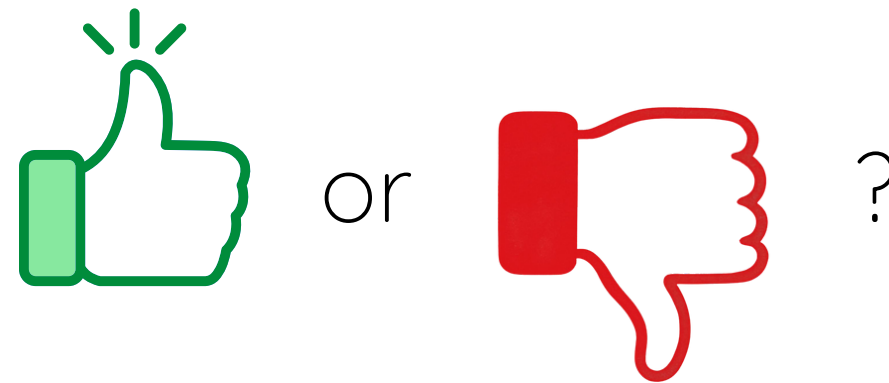
Loud sounds stimulate the brain. Soft, calming music may help, but loud music does not.



Drink Water During the Day, Not Right Before Bed



Drinking enough water during the day is healthy and helps your body at night. But drinking a lot right before bed can wake you up many times.

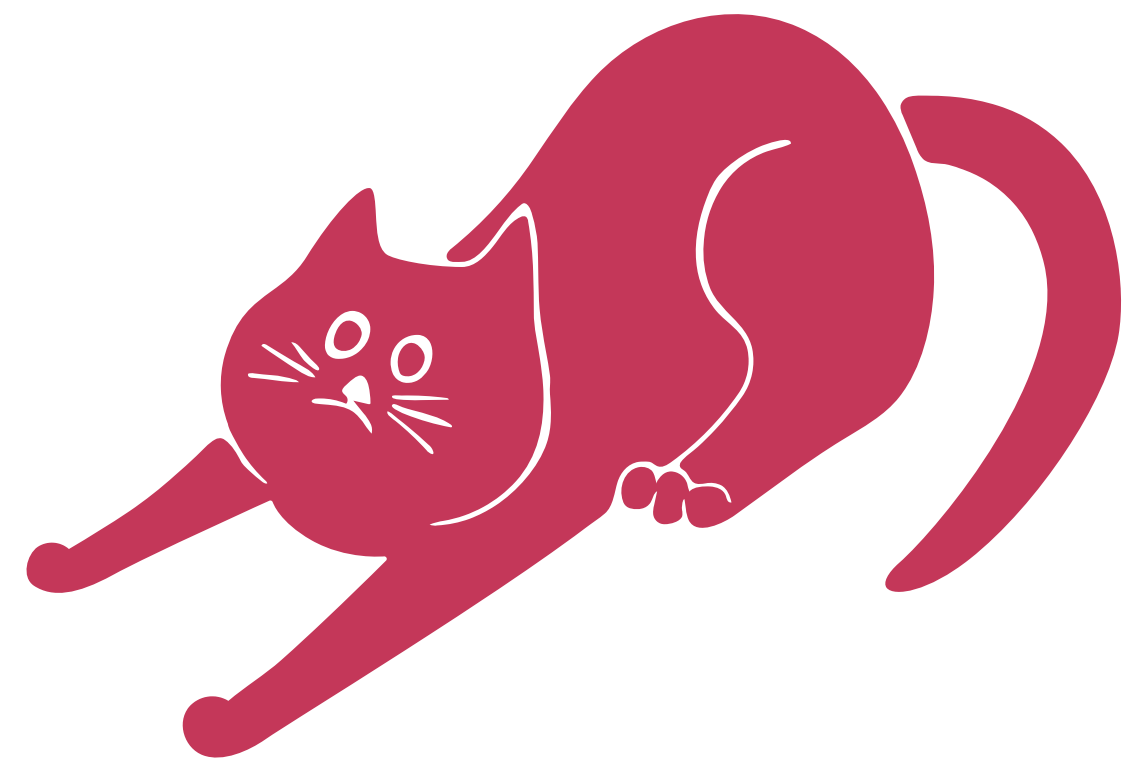


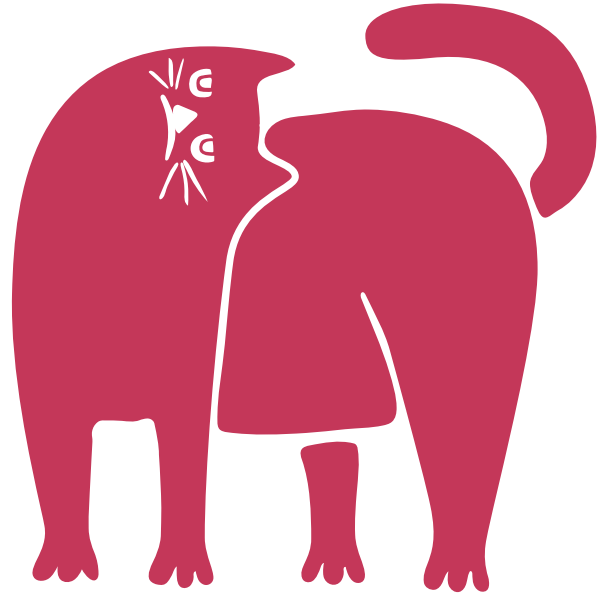
Think about:

- Do you drink a lot of water in the evening?
- Does getting up at night make you tired in the morning?
- What evening habits help your body relax?



Correct!





Thank you!

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