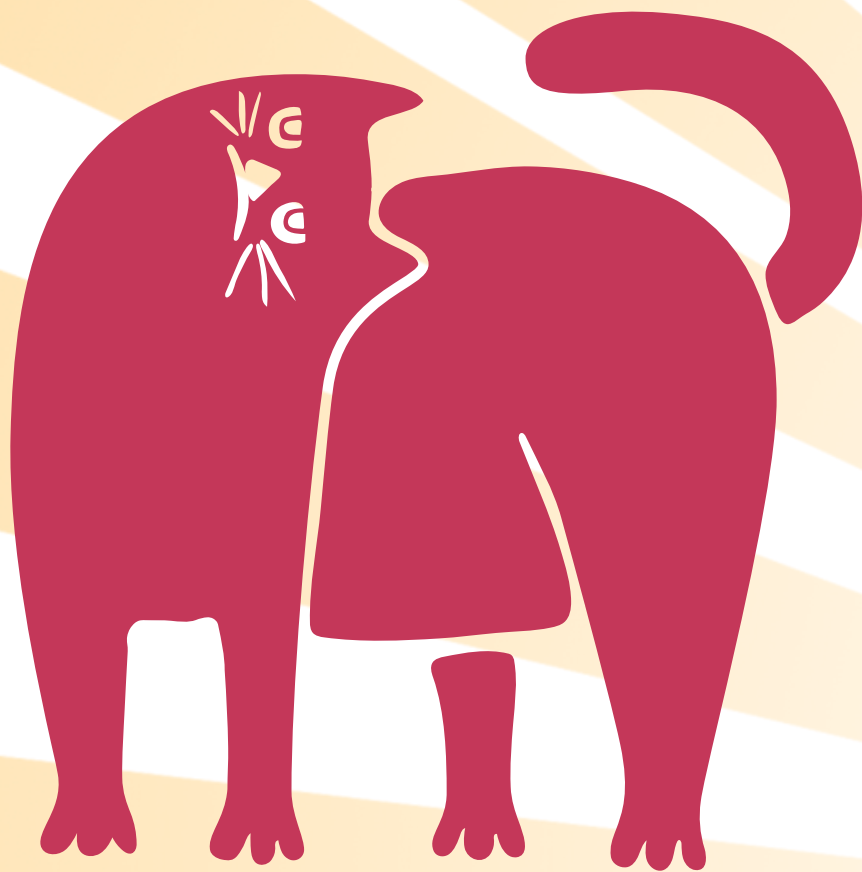




# How to rest well?

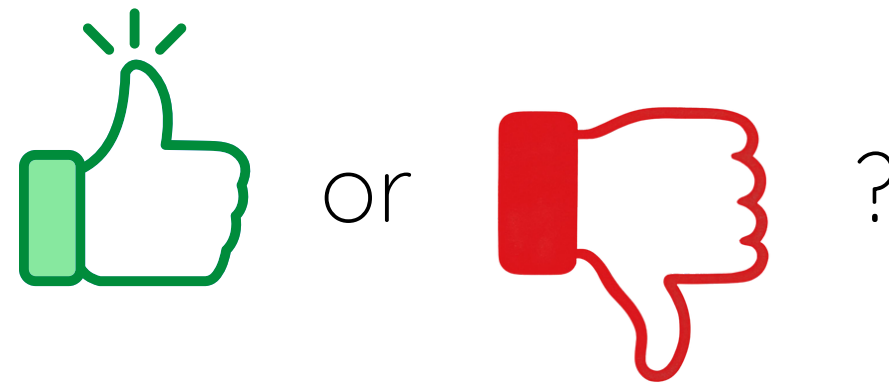
Questionable tips - let's talk!

Level: B1



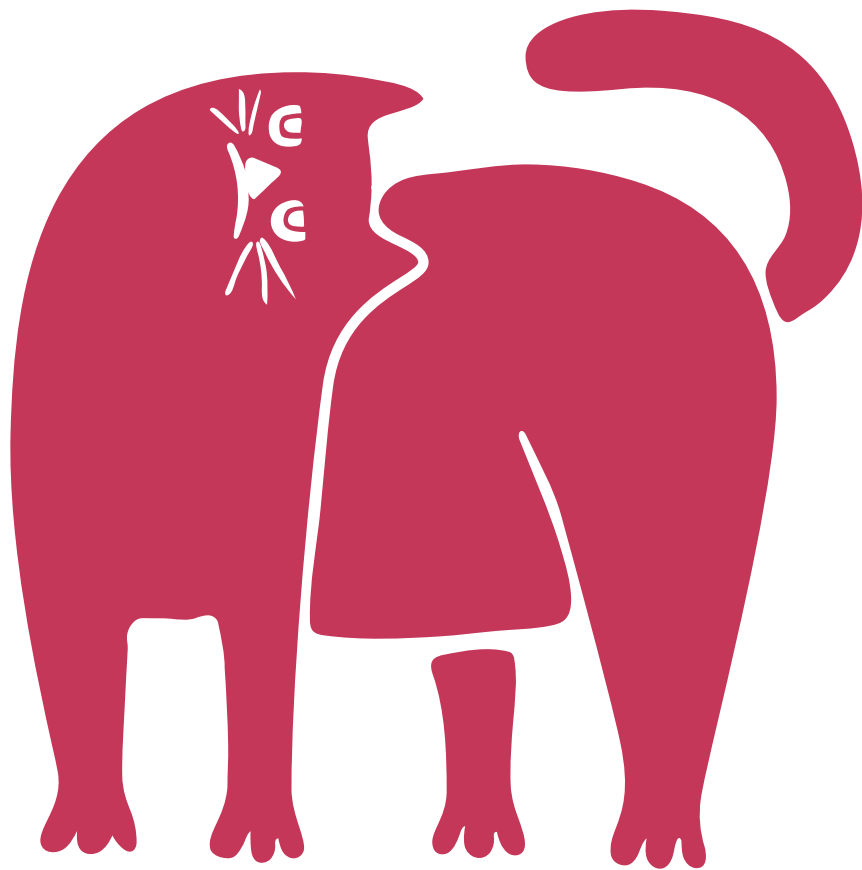
# Sleep Only When You're Exhausted

Some people say you should avoid going to bed until you're barely able to keep your eyes open. They claim this helps you fall asleep faster and “train” your body.



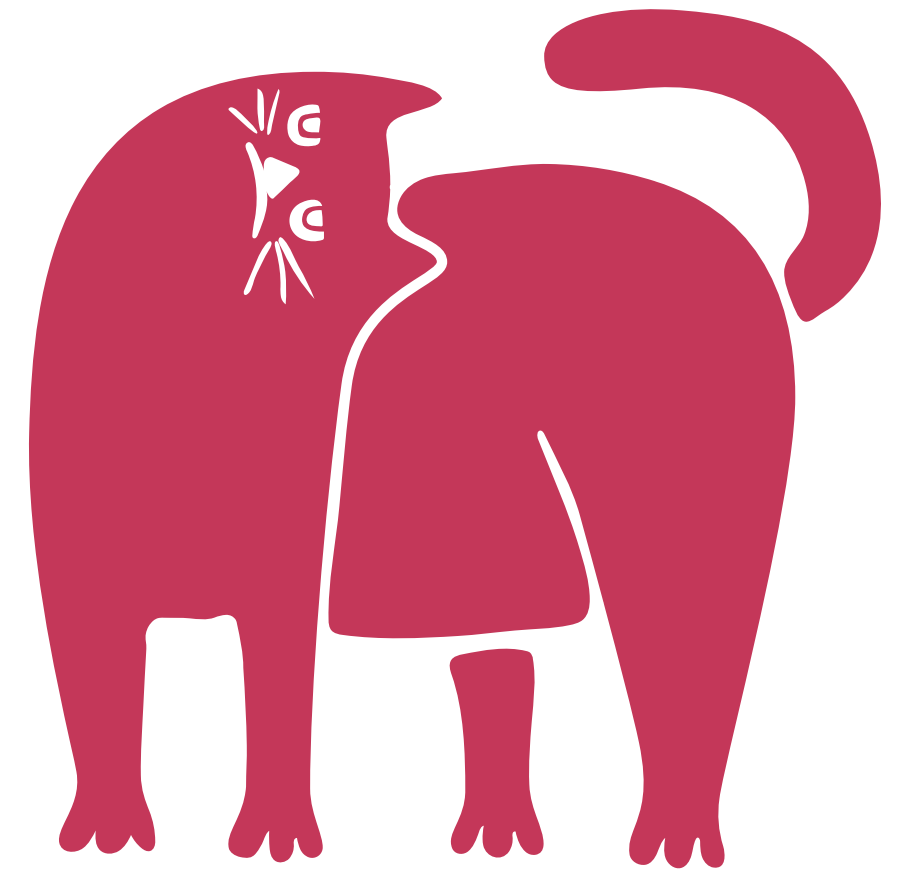
## Think about:

- Do you think waiting until you're extremely tired can improve sleep quality?
- What might be the risks of this approach?
- When do you usually feel ready for bed?



## Incorrect

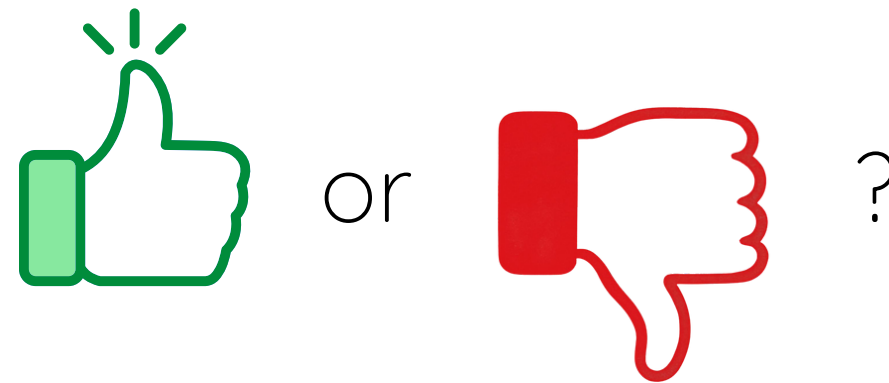
Going to bed too late or waiting until you're extremely tired usually harms sleep quality.



# Drink a Cup of Coffee Before Your Nap

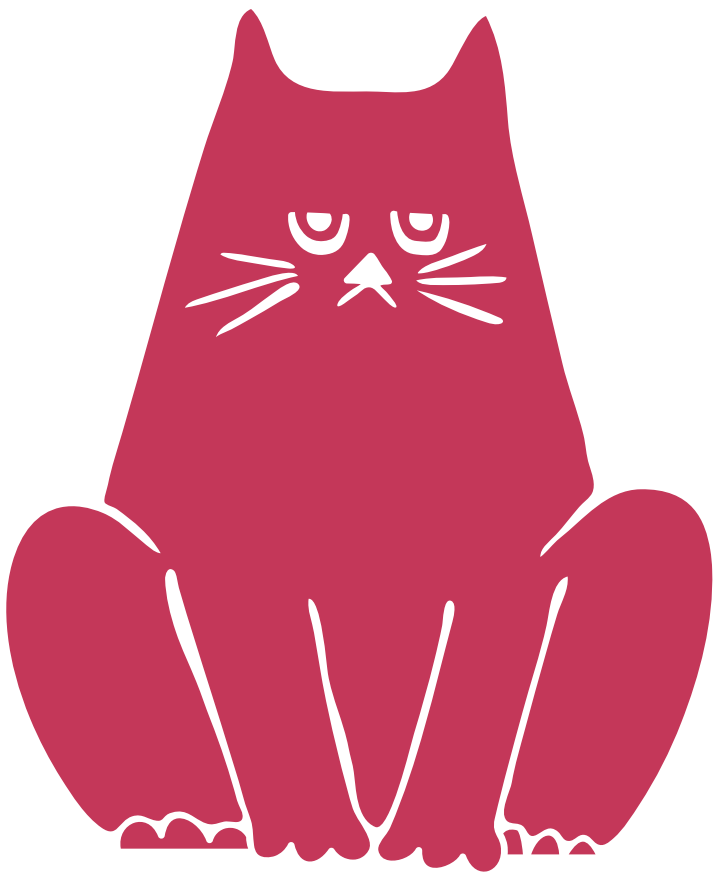


A “coffee nap” is supposed to give you extra energy. The idea: drink coffee quickly, fall asleep for 20 minutes, and wake up energized when the caffeine kicks in.



## Think about:

- Have you tried this technique? Would it work for you?
- Does drinking coffee help or harm your rest?
- What other ways do you boost your energy during the day?



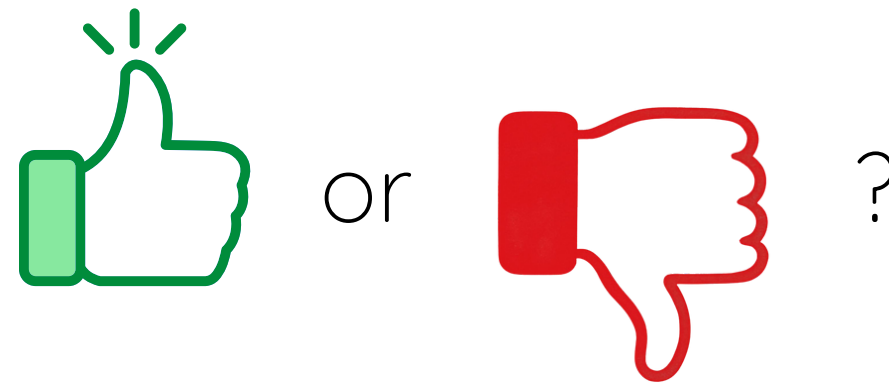
## Somewhat Correct

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



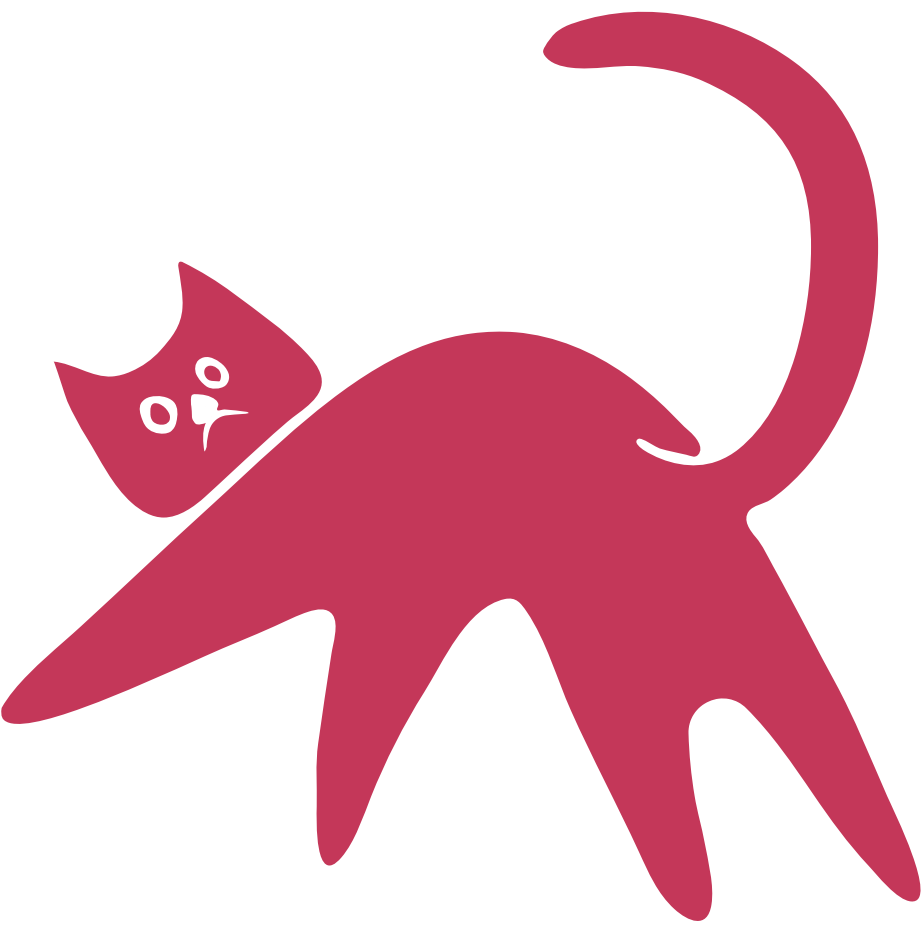
# Keep Your Bedroom as Bright as Possible

Some people believe bright light keeps your mind relaxed and helps you wake up more naturally.



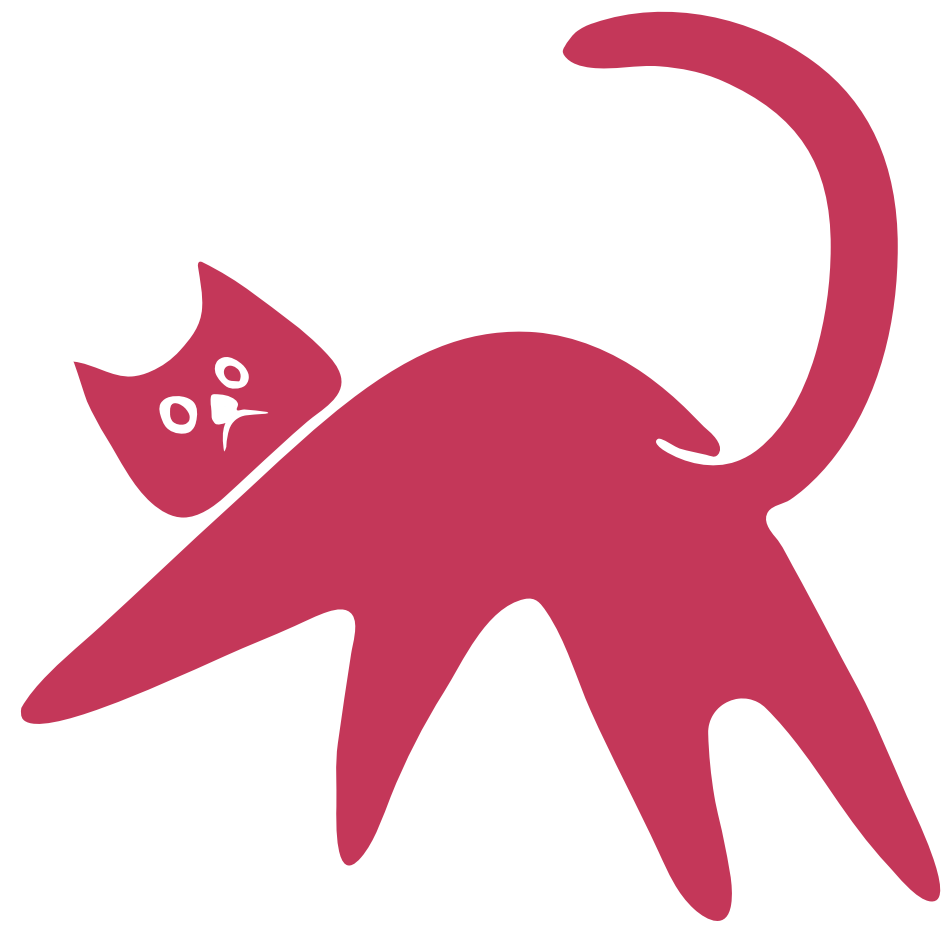
## Think about:

- Is it easier for you to fall asleep in a dark or bright room?
- How important is lighting for good rest?
- What kind of lighting do you use in the evening?



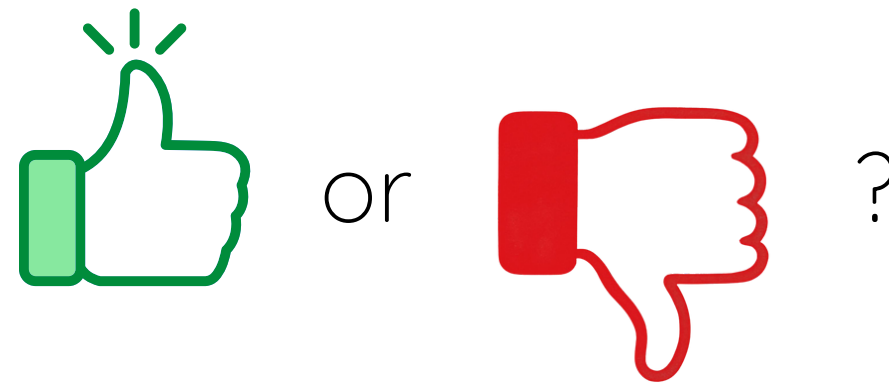
## Incorrect

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



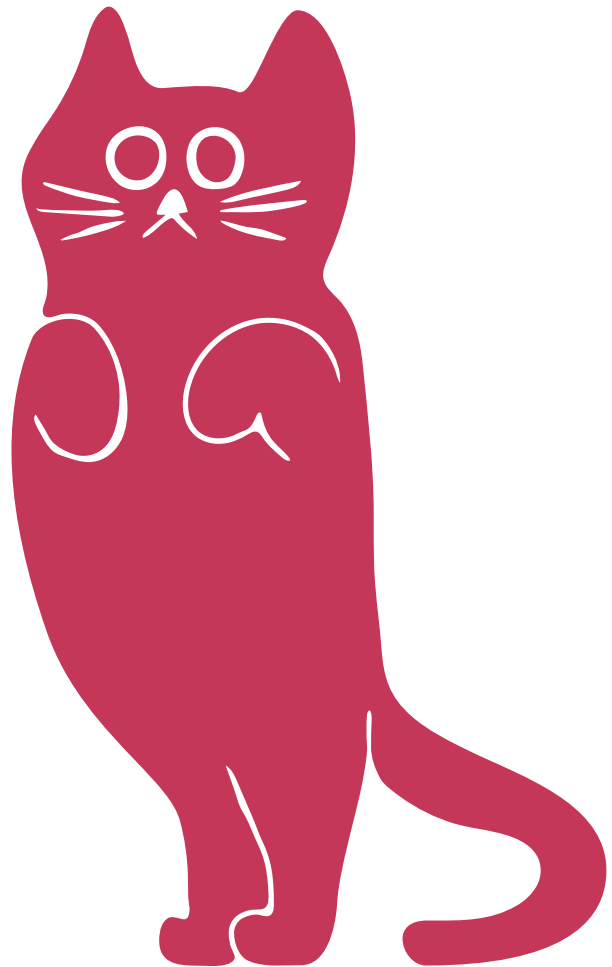
# Check Your Phone Until You Fall Asleep

Scrolling through social media or watching videos might seem relaxing, so some people recommend doing it right before sleep.



## Think about:

- Do screens help you unwind or keep you awake?
- What do you usually do before going to bed?
- Should phones be allowed in the bedroom?

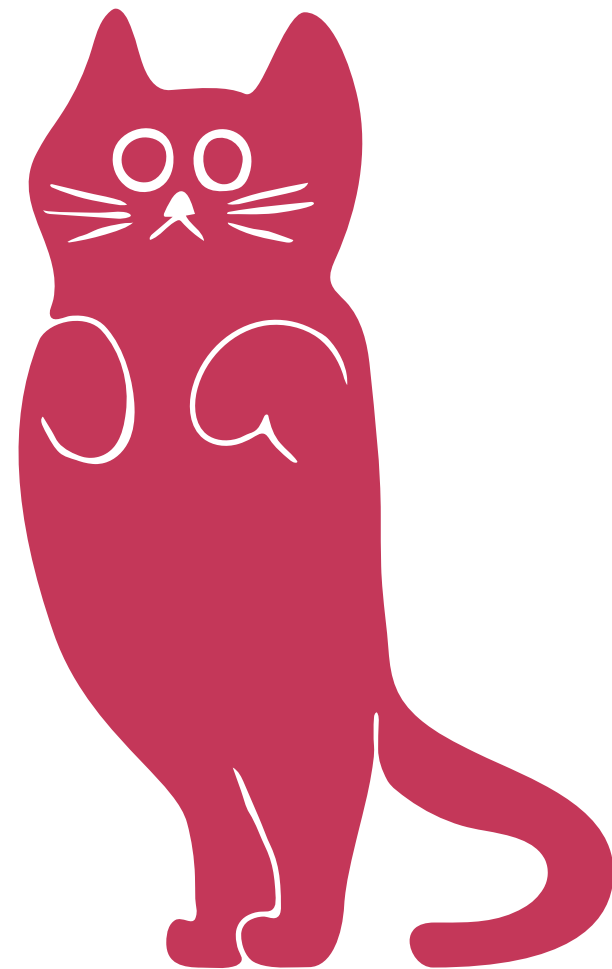






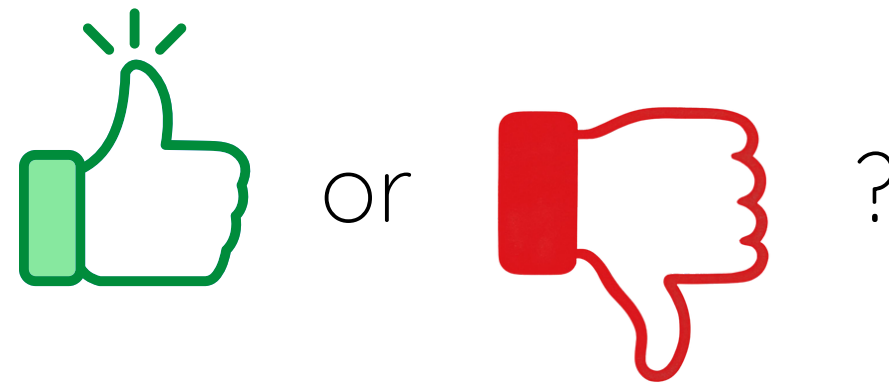
## Incorrect

Screens stimulate your brain and make falling asleep harder.



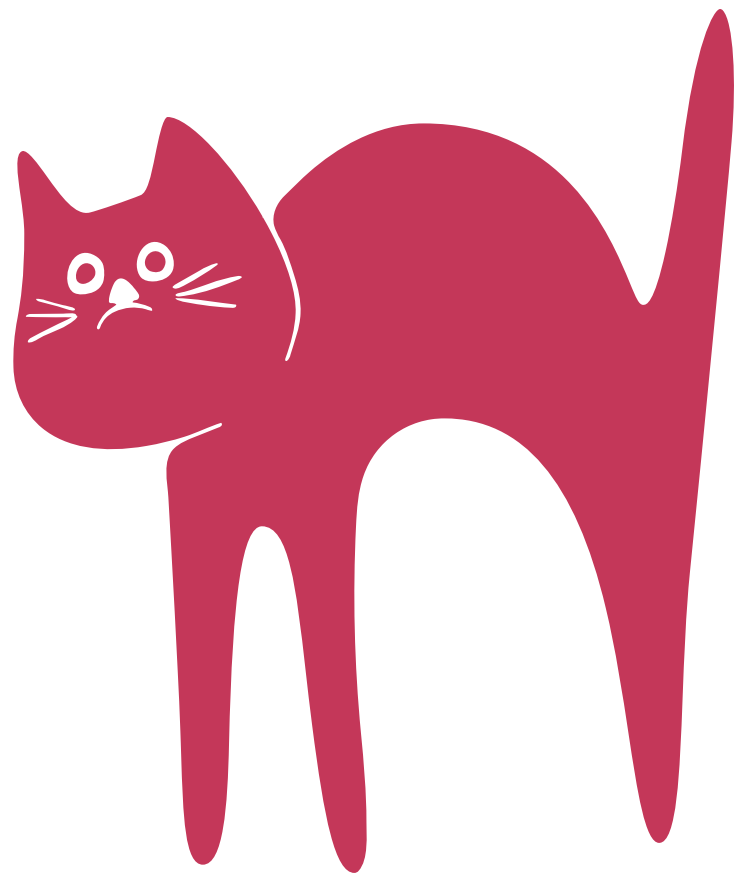
# Create a Consistent Sleep Environment

Sleeping in the same place with similar lighting, temperature, and noise levels helps your body develop regular sleep patterns. A stable environment tells your brain it's time to rest.



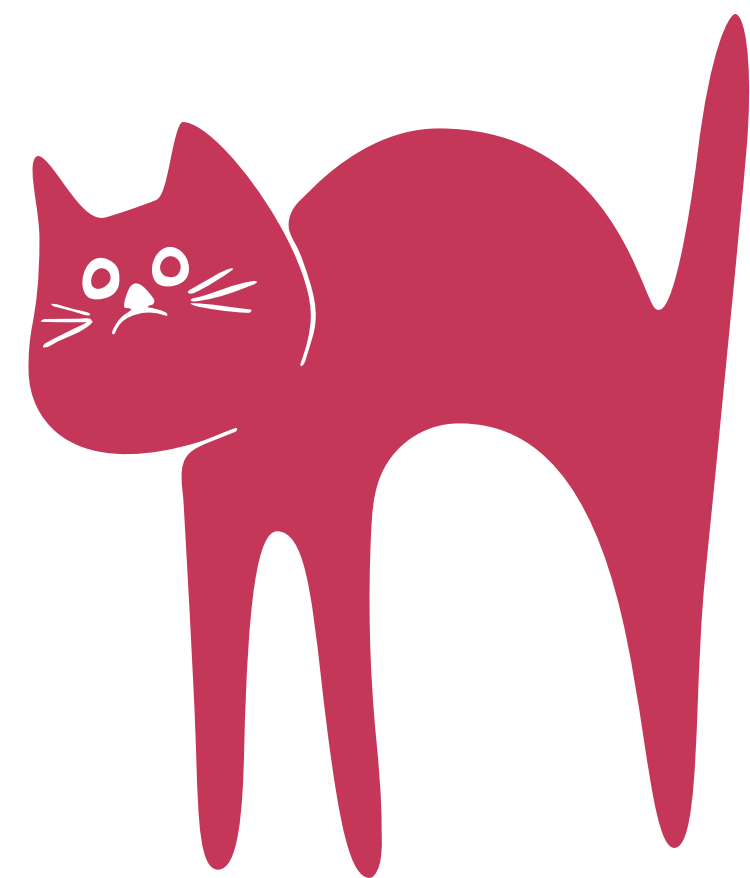
## Think about:

- What makes a sleep environment comfortable for you?
- Do you sleep better at home or somewhere else? Why?
- How could you improve your bedroom for better rest?



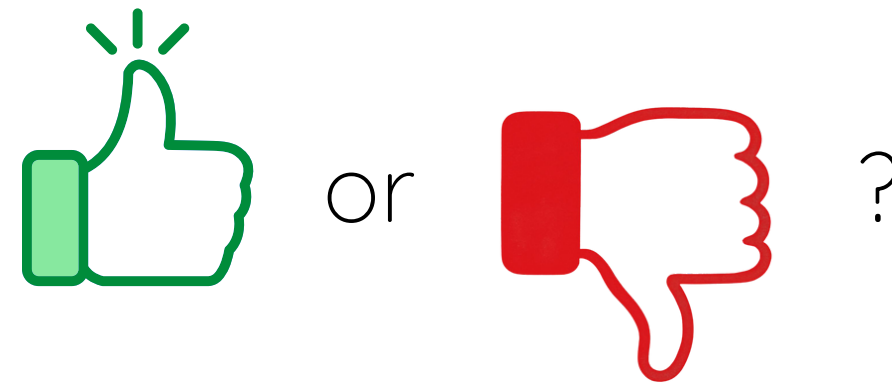


**Correct!**



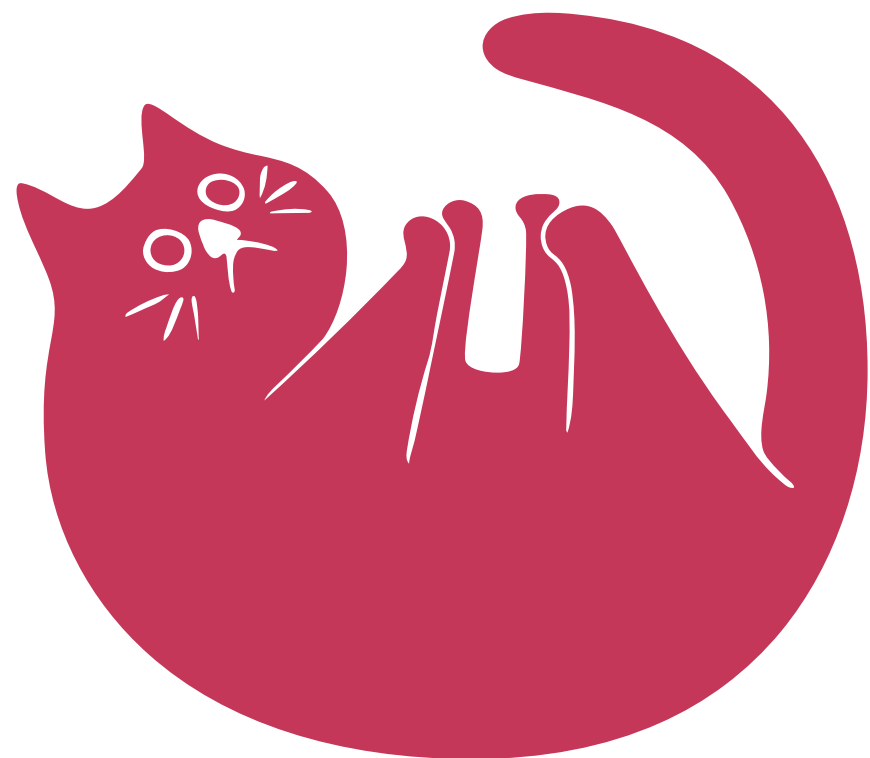
# Eat a Heavy Meal Right Before Bed

Some say a full stomach helps you fall asleep faster because the body becomes relaxed while digesting.



## Think about:

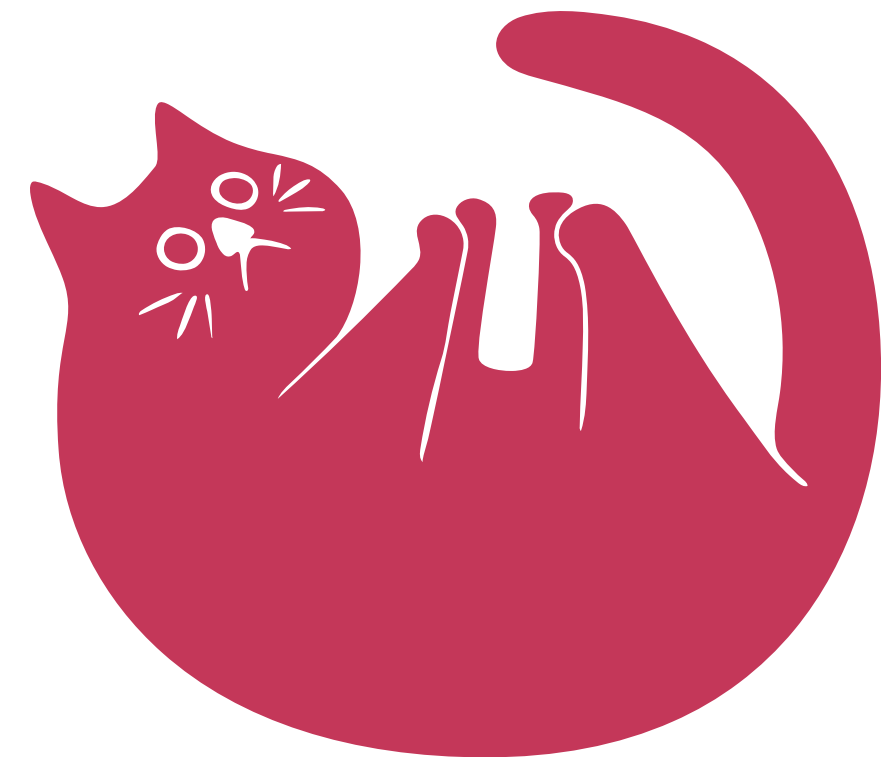
- How does eating late affect you?
- What foods help you relax in the evening?
- Should dinner be light or heavy?





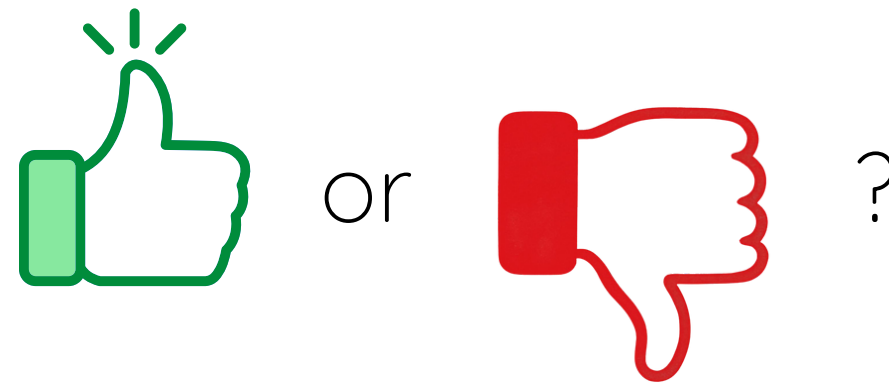
## Incorrect

Heavy meals can cause discomfort and poorer sleep.



# Avoid Naps at All Costs

Some people argue that napping destroys your nighttime sleep and makes you feel more tired.



## Think about:

- Do naps help you or make you feel worse?
- How long should a nap be, in your opinion?
- Are naps a good idea for students or workers?

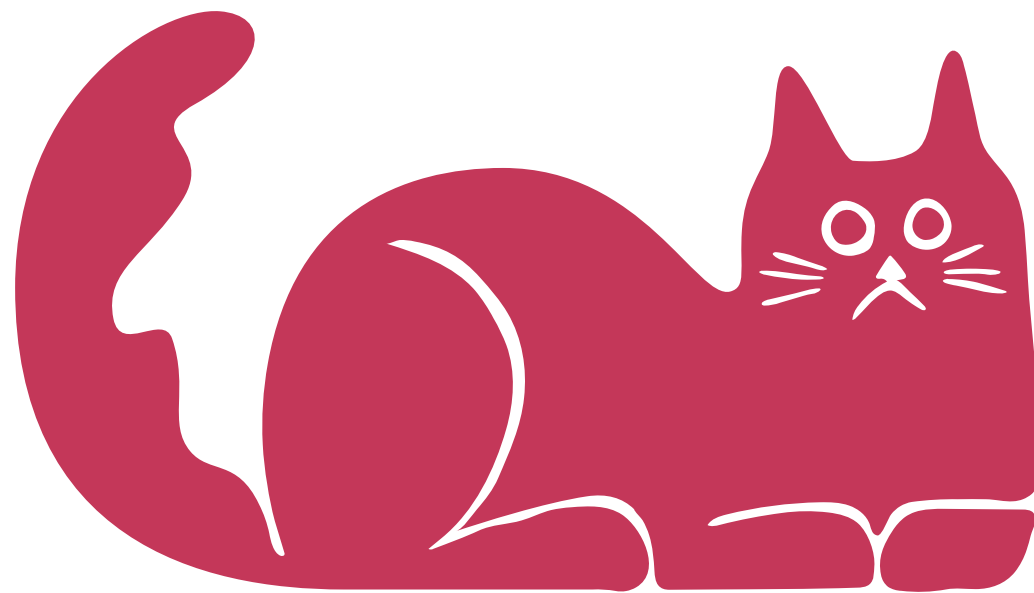
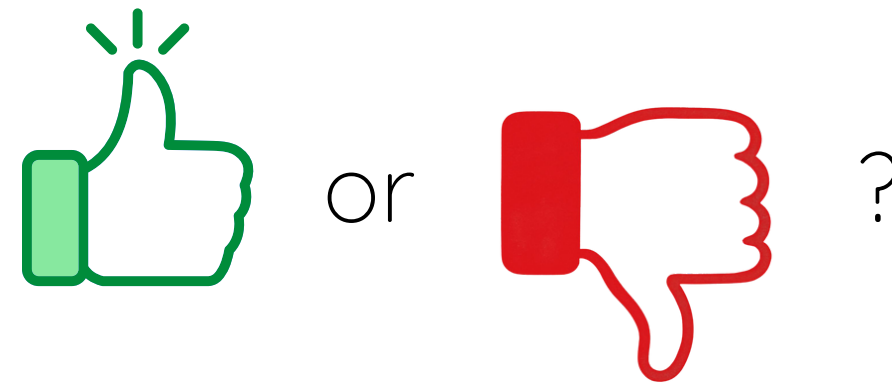
## Mostly Incorrect

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



# Exercise Hard Late in the Evening

A strong workout late at night might help you “burn off extra energy” and fall asleep faster.



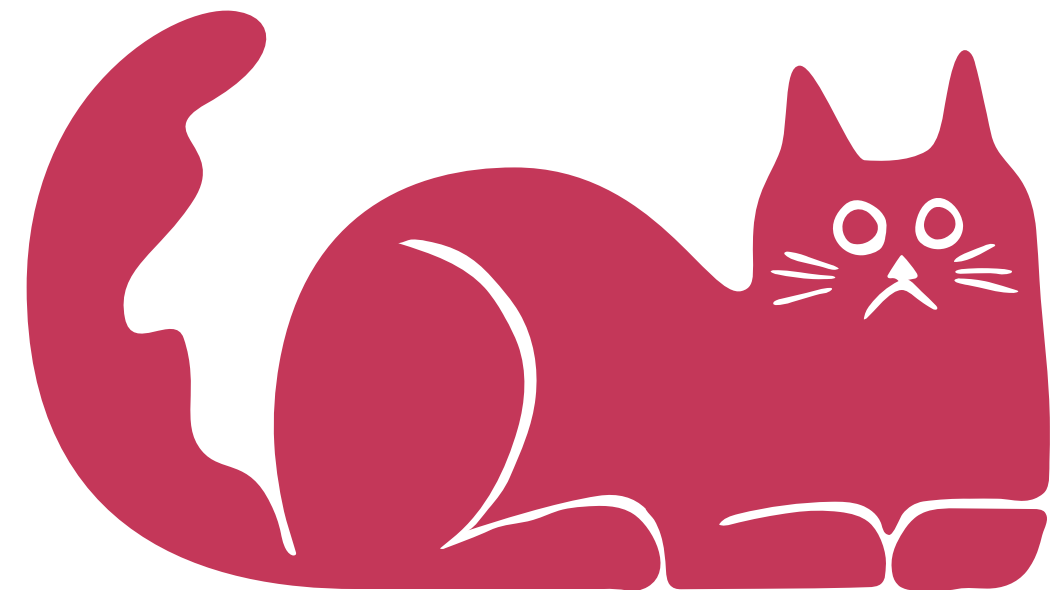
## Think about:

- Have you ever exercised right before bed?
- Do you think late workouts help or disturb your rest?
- What time of day do you prefer to be active?



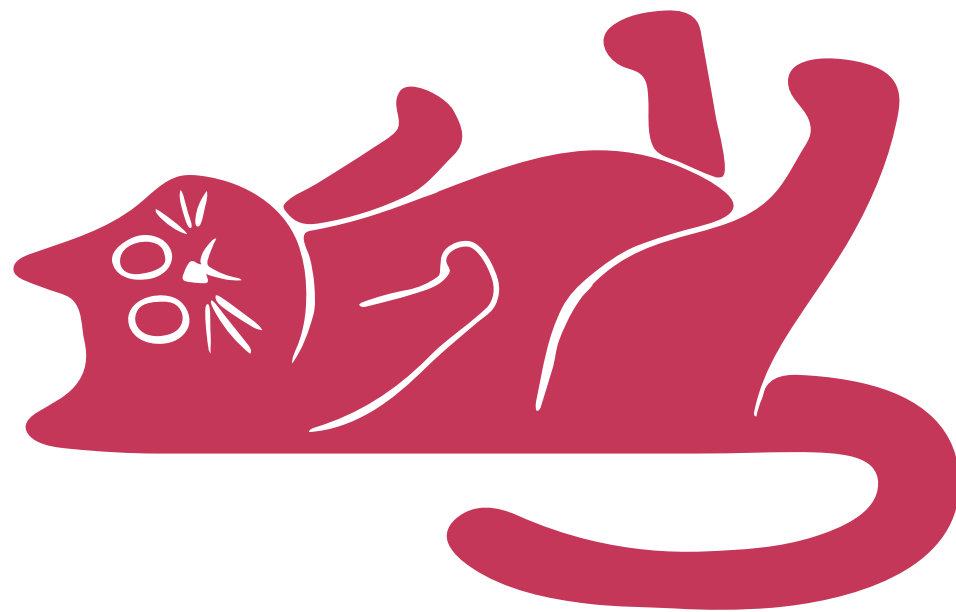
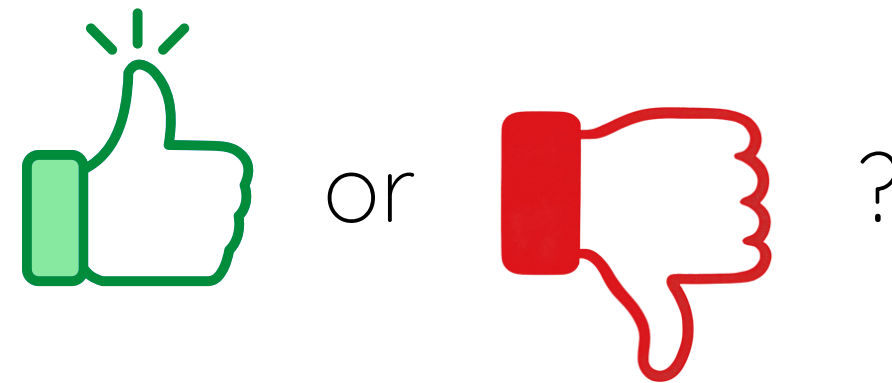
## Mostly Incorrect

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 claim that loud music “overloads” the brain and makes it shut down more quickly.

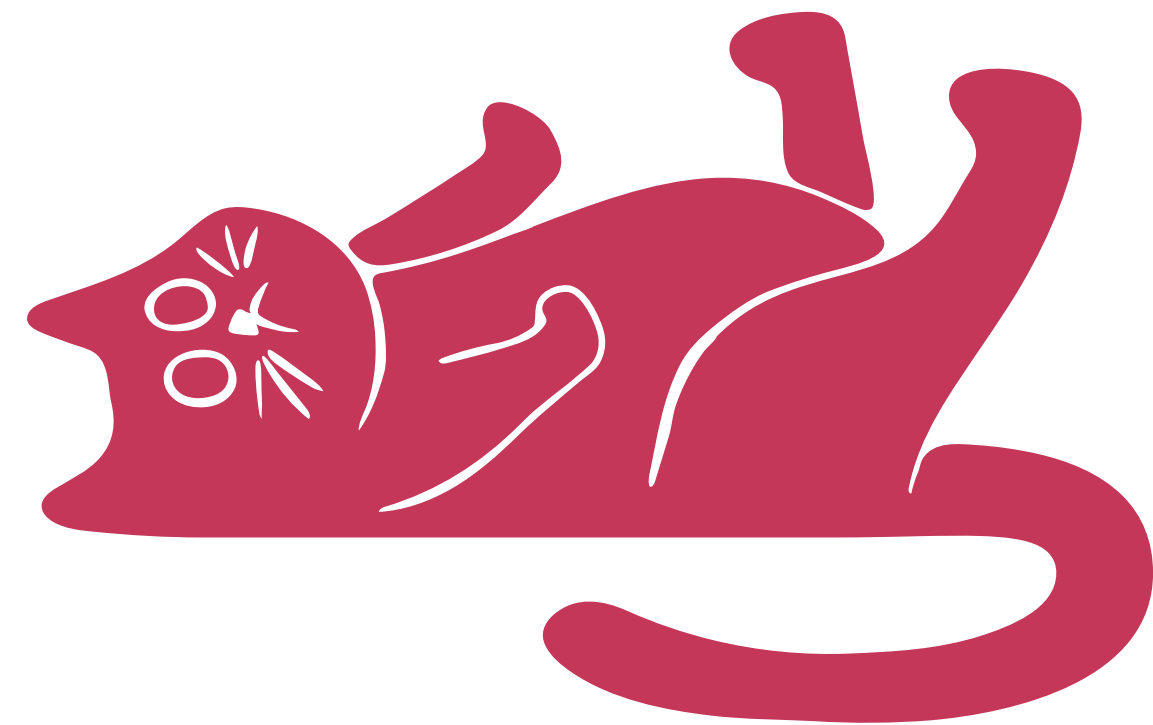


## Think about:

- What type of music helps you relax?
- Does noise help or bother you when you sleep?
- What sounds make you feel calm?

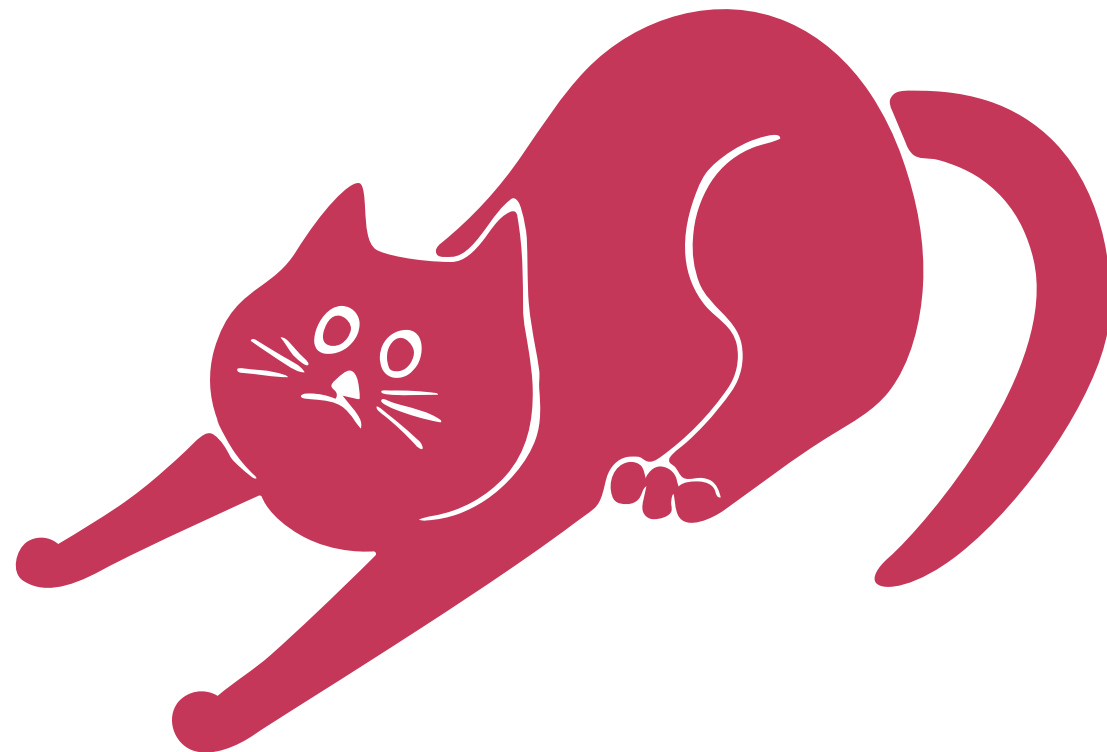
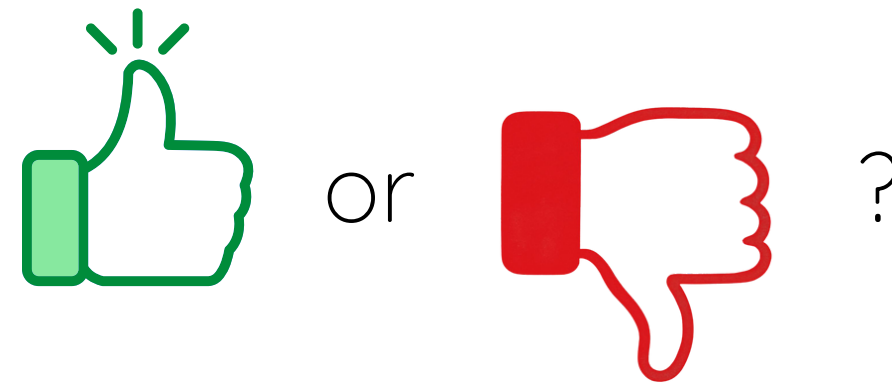
## Incorrect

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



# Stay Hydrated During the Day, Not Right Before Bed

Drinking enough water throughout the day supports good health and helps your body function well at night. However, drinking large amounts right before bed can interrupt your sleep.

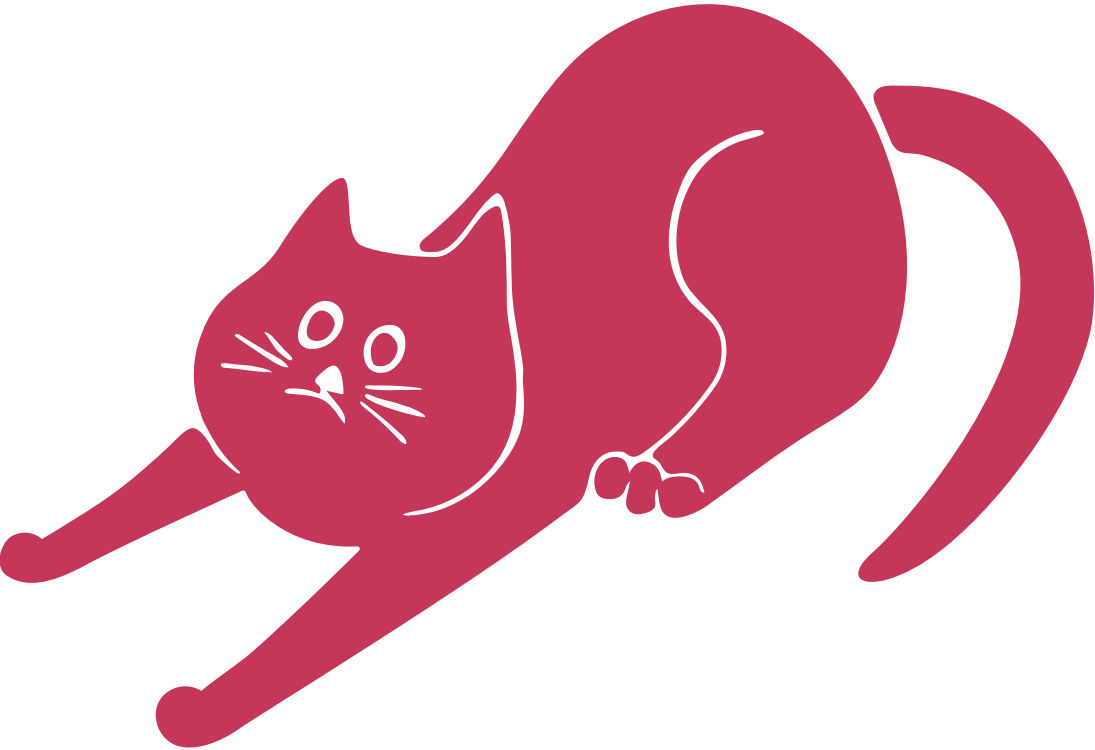


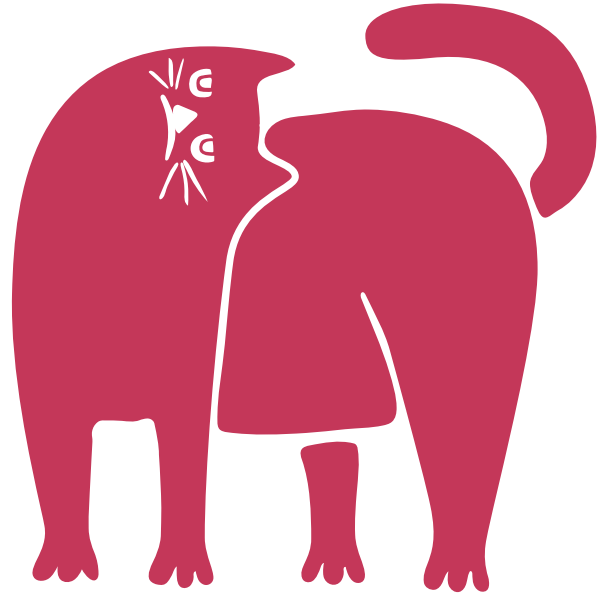
## Think about:

- When do you usually drink the most water?
- Have you ever woken up during the night because you drank too much?
- What evening habits help your body relax?



Correct!





**Thank you!**

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