

Listen to the talk about how getting more sleep can help you achieve better exam results and do the exercises to practise and improve your listening skills.

### Preparation

Match the words and expressions with the correct definition and write a–h next to the numbers 1–8.

- |                               |  |
|-------------------------------|--|
| 1..... a handful              | a. to breathe noisily while you are asleep                               |
| 2..... to consolidate         | b. studying what has already been studied in order to remember it better |
| 3..... to snore               | c. an informal word for sleep  |
| 4..... a brain wave           | d. a small number  |
| 5..... kip                    | e. the system that moves blood through the body                          |
| 6..... the circulatory system | f. to try to learn a lot very quickly before an exam                     |
| 7..... revision               | g. an electrical signal or impulse in the brain                          |
| 8..... to cram                | h. to make something stronger  |

### 1. Check your understanding: ordering

Write a number (1–7) to put the things Professor Manson talks about in the order that you hear them.

- |       |  |
|-------|--|
| ..... | When memory consolidation takes place.           |
| ..... | What memory consolidation is.                    |
| ..... | The ideal amount of sleep at each stage of life. |
| ..... | The average time students in the class sleep.    |
| ..... | Conditions that improve memory consolidation.    |
| ..... | A personal memory from the past.                 |
| ..... | Reasons why the human body needs sleep.          |

## 2. Check your understanding: gap fill

Listen and complete the sentences with between one and three words.

1. Professor Manson remembers having lots of exams and assignments at school but didn't \_\_\_\_\_ her revision time very well.
2. Revising for an exam the night before can help \_\_\_\_\_ but a good night's sleep is even better.
3. There is a clear link between \_\_\_\_\_.
4. Most students in the class sleep between \_\_\_\_\_ hours, whereas the recommended amount for 14- to 17-year-olds is more.
5. Sleep helps the body regulate its vital functions and also gives the \_\_\_\_\_ a chance to restructure information.
6. Memory \_\_\_\_\_ is when information passes from our short-term to long-term memories via the hippocampus.
7. Memory consolidation is improved by \_\_\_\_\_ information regularly.
8. Memory consolidation takes place during stages of \_\_\_\_\_ sleep.

### Discussion

What's the perfect amount of sleep for you?

What effects do you notice if you don't get enough sleep?