

Unit 4 Quiz audio script

A [Track 5] Listen to a conversation between two friends.
Then check the best answers.

Tonya: I don't get it, Chris. I'm really tired, but I'm still not sleeping well these days.

Chris: That's too bad. Maybe you're staying up too late.

Tonya: Well, I usually watch the eleven o'clock news before I turn in, so I guess I am getting to bed pretty late.

Chris: And what about caffeine? Have you been drinking coffee or tea after five o'clock?

Tonya: Hmm, I usually drink tea after dinner.

Chris: Maybe it's keeping you up at night.

Tonya: I don't know. I feel drowsy when I go to bed, but I just can't fall asleep. And I know I'm tired, because I exercise for an hour while I'm watching the news.

Chris: Oh, that's it! You should probably exercise earlier. I read that some people perk up after they exercise vigorously, so it's not usually a good idea to exercise right before bed. You should finish exercising at least three hours before trying to go to sleep so that you have time to calm down first.

Tonya: Hmm, I've never heard that before. I guess it makes sense. So, I should exercise earlier in the day and just relax after dinner?

Chris: Yeah, just chill out in the evenings. Then you'll probably sleep like a log.