

**ENGLISH CONVERSATION CLASS  
ADVANCED  
JANUARY WEEK Nº3**

**Topic:** Sleep

**Play this video and answer the following questions:**

<https://www.youtube.com/watch?v=fQUeDdaVoWo>

1. **According to the video, what is one problem with telling everyone they must get exactly seven to eight hours of sleep?**
  - A. Seven to eight hours is harmful for most adults
  - B. It's presented as an average but people have different sleep needs
  - C. Seven to eight hours causes insomnia in children
  - D. The video says sleep duration doesn't affect health
2. **What term does the video use to describe an unhealthy obsession with perfect sleep data from trackers?**
  - A. Somniphobia
  - B. Hypersomnia
  - C. Orthosomnia
  - D. Chronophobia
3. **Which of the following is a recommended first step if someone is struggling with sleep, according to the video?**
  - A. Immediately buy a new sleep tracker
  - B. Only use blue-light filters and ignore other approaches
  - C. Avoid all physical activity before bed forever
  - D. Talk with a doctor to rule out medical conditions
4. **What do experts in the video advise about fixating on the exact number of hours slept?**
  - A. Fixating helps most people get better sleep
  - B. Fixating can create unrealistic expectations and more anxiety
  - C. Fixating will guarantee you seven to eight hours every night
  - D. Fixating is recommended by the American Academy of Sleep Medicine
5. **Which therapy is described as highly effective for insomnia and does not rely on medication?**
  - A. Cognitive Behavioral Therapy for Insomnia (CBT-I)
  - B. Psychoanalytic therapy
  - C. Electroconvulsive therapy (ECT)
  - D. Sleep tracking training program



**Answer Key:**

1. B
2. C
3. D
4. B
5. A

**Answer Key:**