

(B-2)

(12 marks)

Macy is reading an article about getting better sleep. Read it carefully and choose the best answers for Questions 23-28.

How to Get Quality Sleep

Humans spend an average of 26 years sleeping in their entire life. It is important to have a good sleep to prepare for a whole day of study and work. However, some people may find it difficult to sleep well. If **you are suffering as well**, read the following tips to sleep better.

(i)

First, your sleep environment can affect your sleep. Different people prefer different sleep environments. A dark and quiet place is suitable for most people to sleep as it clears their mind and prepares them for a good night's sleep. However, some may find dark places so scary that they can hardly fall asleep. They may feel more comfortable sleeping with soft light and music. There is no standard answer to where to have a good sleep as long as you find a place that makes you feel more relaxed.

(ii)

As technology has advanced in recent years, we constantly use smartphones to scroll through websites and social media. The excitement aroused from watching videos or playing mobile games causes rapid brain activities and hence difficulty in sleeping. Keeping yourself calm and relaxed can help you get to sleep. **Therefore, it is better to do some breathing exercises than playing with your phone one to two hours before you go to bed.**

(iii)

Some people said sleeping earlier can also help you sleep better. But this may not be the case. A study shows that sleeping early may not ensure better sleep, **but having a regular sleeping habit, which includes a regular time to get to sleep and regular hours of sleep.** Your body would remember your usual resting time and work to repair organs and cells regularly. This benefits your sleeping quality as well as health.

(iv)

To sum up, when and where you sleep and what you do before bed can affect your sleeping quality. **Therefore, it is important to develop good sleeping habits.** You will definitely get recharged and become energetic if you sleep well.