

❖ **The importance of sleep**

- a) Sleep is vital for health. b) Sleep helps you stay active. c) Sleep helps you think better. d) Sleep helps you relax. e) Sleep is good for memory.

❖ **The factors that affect the amount of sleep**

- a) age b) daily routine c) genetic makeup d) the quality of our sleep

❖ **the results (signs) of the lack of sleep**

- 1. lack of concentration 2. difficulty to get up 3.being moody 4. having accidents 5. making mistakes

❖ **Suggestions to help people having difficulty sleeping**

- a) Taking a hot shower before sleeping b) Listening to the Qur'an while in bed c) Turning off the lights d) Reading a book or a story

❖ **The reasons for moving from cities to villages**

- a. Cities have better services. b. People move to look for jobs.

❖ **The pros of living in the city**

- 1. having more job chances 2. having better public services 3. having more fun places

❖ **The cons of living in the city**

- 1. overcrowding 2. pollution 3. noise 4. crimes

❖ **Suggestions to make city life less stressful**

- a) reducing (less) overcrowding b. planting more trees

❖ **The reasons that make some people move from cities to villages**

- a) They move to the country to escape from pollution, overcrowding and noise. b) Living in the countryside is cheaper.

❖ **The pros of living in the village**

- 1. not having overcrowding 2. not having pollution 3. not having noise 4. fewer crimes

❖ **The cons of living in the city**

- 1. having few job chances 2. having poor public services 3. having few fun places

❖ **A description of your favorite place for living**

- 1. It should be located in a quiet place. 2. It should be close to the market. 3. It should be close to a park. 4. It should have a lot of rooms. 5. It should have enough car parking.

