

FILE 5

Listening 1

**Woman** I used to be a great sleeper. I was one of those people who used to fall asleep the moment my head hit the pillow, nothing could wake me, and I got up the next morning feeling bright and refreshed. But about a year or so ago I suddenly became a terrible sleeper. It all started when my sleeping pattern was disrupted because I had to work nights for a month or two. When my working hours returned to what they had been before, I found that I couldn't get used to going to bed at a normal time any more. I had to spend Sunday in bed just to catch up on my sleep before going to work on Monday morning. I did all the usual things – I avoided drinking coffee or eating too much in the evening, but I was a bit anxious about my job at that time and I think that definitely affected my sleeping, too.

So I decided to do a bit of research on the subject to find a solution to my insomnia and I'm pleased to say that I have now gone back to sleeping normally. How did I do it? Well here are my tips to help you get a good night's sleep. I think the most important thing is to make and stick to a sleep schedule. A schedule means going to bed and getting up at the same time whatever the day. Monday's bedtime should be identical to Saturday's. It's a case of training your body to know what time it is. But be aware that this isn't as easy as just deciding to always go to bed at ten. You may need to adjust your sleep schedule according to your own body clock.

Another very important thing is to create a bedtime ritual. If you follow the same steps every night before bed, your mind will learn to associate these steps with sleep. This might involve doing relaxation or breathing exercises, listening to music, or having a warm bath or hot drink, as long as it isn't coffee. Actually, it's probably best to avoid rituals such as watching TV in bed, or even reading, because you want to make sure the bedroom is associated with sleep time, not leisure time. You want the bedroom to feel different from the living room.

My final piece of advice is to try and create a comfortable sleeping environment. That means keeping the temperature cool, minimizing noise, and keeping the room dark. Most importantly, be sure to use comfortable bed sheets, blankets, and pillows, and have a good mattress.

FILE 5

Listening 2

**1**  
**Interviewer** What do you enjoy most about editing a local newspaper, Gary?  
**Gary** Well, the close relationship with our readers is important. I'm here in the office much of the time, but our reporters can really have an effect on what happens in our community. We only have a small staff here – I would really like to employ more people, but that does mean that everyone has a role to play in reporting what our community thinks and feels. That's what makes the job so rewarding. I must admit, however, that I particularly like the challenge of trying to be better than the national newspapers – I mean maybe having a more interesting article about a particular issue that's in the news.

**2**  
**Interviewer** Do you have any ambitions to write for or edit a national paper?  
**Gary** I haven't really considered it, but, if the time was right, I certainly would. Right now, though, I'm more interested in developing the style and quality of the paper we have here. It's a great challenge and it's my main priority.

**3**  
**Interviewer** What's the future for local newspapers? Do you think they will always be around?  
**Gary** I think so. There will be local newspapers for a long time, I think, though eventually they'll be quite different. For instance, local papers won't try and report on every single national news story or publish sports statistics and financial news. People will use the Internet for that sort of thing. Instead, local newspapers will specialize in local and regional news and issues.

**4**  
**Interviewer** Do newspapers have as much of an effect on their communities as they did twenty years ago?  
**Gary** Actually, there are a lot more local papers now, so that would suggest they might be more influential – so maybe. Why not? But every community is different, so I'd hate to generalize. Newspapers which concentrate on accurate, objective reporting, I would say, tend to have more effect than those which just publish sensational stories.

**5**  
**Interviewer** Do your reporters use the Internet when researching an article?  
**Gary** Yes, the Internet can be incredibly helpful, but it's not perfect. I suppose our reporters mainly use it to access government databases, that sort of thing. But we also still employ researchers who help reporters. They don't do as much as they did in the past, but they're probably still our most used way of doing research for stories.