

Video Jug: A good night's sleep

<http://www.videojug.com/film/how-to-get-a-good-nights-sleep>

Listen for words in the video that have the following meanings.

bad for _____
having a restless sleep _____
a late night alcoholic drink _____
eat a lot _____

What kind of sandwich does the person recommend you eat? Would you really try this?

What are the four "Rs"? Give a brief summary of each.

Gerunds and gerund phrases are often used as the subject of a sentence. Write two examples of gerund phrases as subjects that you hear in the video.

The imperative is frequently used when giving instructions. Write down four examples of the imperative that you hear in the video.

