

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	_____
Likely will	_____
signals	_____

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 four 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.

