



CARD _
CANDIDATE _

Preparation time for both tasks: 3 minutes

SLEEPING HYGIENE

Your partner told you s/he has problems sleeping at night. You have found this brochure with tips to improve bedtime habits:



TASK 1: MEDIATION

..... /12,5 points

Speaking time: 2 minutes max. Talk about the following points:

- Tell your partner about three of the tips from the brochure that you think will be helpful.
- Explain your reasons for choosing these tips.

TASK 2: PRODUCTION

..... /12,5 points

Speaking time: 2 minutes max. Talk about the following points:

- Talk about your own sleeping habits..
- Say why you think sleeping well is important and mention some consequences of not sleeping well.