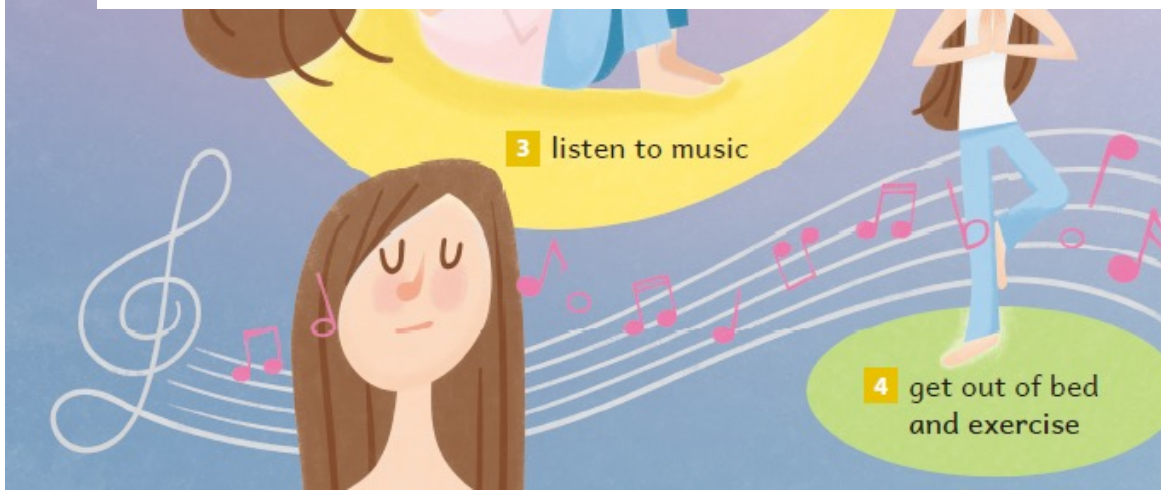




Before You Read

Do you sometimes have trouble falling asleep?

What do you do when you can't fall asleep?



Kim had a terrible night last night. She was very tired, so she went to bed at half past eight. However, she couldn't fall asleep.	1
After that , she went back to bed. She moved around in bed, but she just couldn't find a comfortable position.	3
When Kim got back, she tried for another two hours.	5
Then , she counted sheep. Kim was falling asleep when nature called. "Ah, I give up," she thought, and she got out of bed again.	4
Kim tried many things. She went to the kitchen and drank some warm milk.	2
It was morning, and she didn't get any sleep at all. What a long night!	7
She was finally falling asleep when she heard a voice. "Get up, Kim. Breakfast is ready," said her sister.	6



A Long Night

Kim tried many things. She went to the kitchen and drank some warm milk. After that, she went back to bed. She moved around in bed, but she just couldn't find a comfortable position. Then, she counted sheep. Kim was falling asleep when nature called. "Ah, I give up," she thought, and she got out of bed again.

When Kim got back, she tried for another two hours.

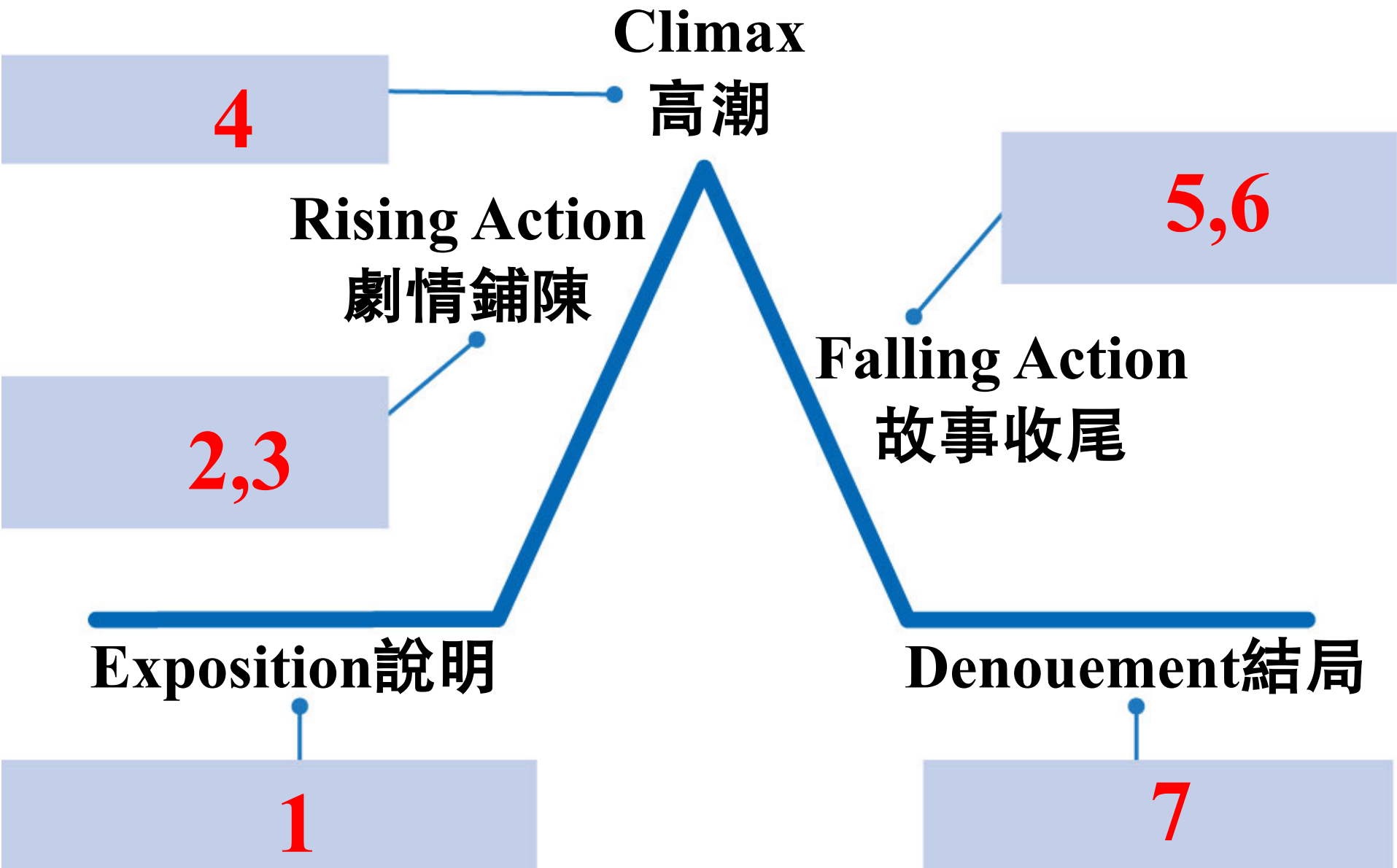
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She was finally falling asleep when she heard a voice.

"Get up, Kim. Breakfast is ready," said her sister. It was morning, and she didn't get any sleep at all. What a long night!







A Complete the graphic organizer. 聽力



Kim went to bed before nine, but she couldn't sleep / fall asleep.



Kim tried many things. She drank some milk, moved around, and counted sheep. But they didn't work.



Before Kim fell asleep, her sister woke her up. She didn't get any sleep at all.





B Summarizing.

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Paragraph (2): Kim tried many things.

Paragraph (1): Kim had a terrible night last night.

Paragraph (3): Kim didn't get any sleep at all.



The summary of the reading:

Kim had a terrible night last night. She tried many things, but she didn't get any sleep at all.





I don't drink tea or coffee before bed.

If I want to have a good sleep, what do I need to do before bed? Or what can't I do before bed?

