**Read the text and do the reading tasks.**

*Six months ago, Jane Walker felt moody and irritable. She couldn’t concentrate and the quality of her work was getting worse. She knew she wasn’t getting enough sleep, so she decided to see a sleep therapist.*

‘I have a very stressful job. Six months ago, I often worked until midnight, drove home, had something to eat, went to bed, and then got up at five in the morning. I decided to see a sleep therapist. She said I needed to have a regular sleeping pattern, with seven or eight hours sleep every night. This meant I had to go to bed at the same time every night and get up at the same time – even at weekends. I decided to go to bed at eleven and get up at seven.

At first I had problems getting to sleep, so my sleep therapist gave me a few ideas. I often used to go to the gym late in the evening. However, this is a bad idea because exercise can wake you up. So I started going for a walk or swimming at lunchtime instead.

My therapist also suggested that I should create the right atmosphere in my room for sleeping. Bright light tells the brain that it’s time to wake up, so I bought some heavier curtains and made sure my room was nice and dark. She told me not to fill my brain with exciting thoughts last thing at night. I like reading thrillers, but I put them away and read romantic stories instead! I also bought a relaxation tape and listened to it in bed.

After about a week I was more relaxed during the day and I had better concentration. The result was that I did more work and it was better quality, too. These days, I try to stick to my sleeping schedule. However, it doesn’t always work. I sometimes go to bed after midnight at the weekend and I occasionally watch the odd scary movie!’

     **Read the article about sleep and tick (ü) A, B, or C.**

**Read the text and do the reading tasks.**

Looking for love

*Looking for Love* is an agency that finds partners for single people of any age. Read about Lisa.

My name’s Lisa. I’m 25 years old and I’m from Manchester. I’m single and I’m looking for love.

I’m a journalist on a local newspaper, which means I write stories about local issues and sometimes I interview politicians. I like my job, but I’d like to work on a national newspaper one day. That’s because I want to have the opportunity to work abroad.

I have a small group of friends who I’ve known for years. I even went to school with some of them! I’m not really extrovert but I do like going out and having fun. We usually go out to parties, nightclubs, and restaurants. I also like cooking and I make great pasta! My ideal night in is a good meal, a glass of wine, and a DVD. I like thrillers much more than I like romantic comedies!

I’m not very sporty, but I like to keep fit. I stopped smoking last year and now I go running twice a week and I sometimes go to the gym at weekends. I eat lots of fruit and vegetables and I try not to have red meat or too much coffee. At work, I drink water or tea.

I prefer men who are interested in serious issues because I like talking about politics and what’s happening in the world. However, I also like men with a good sense of humour. These characteristics are more important to me than physical appearance.

Please contact *Looking for Love* if you think you’re the kind of person I’m looking for!

**A. Read the article and tick (ü) A, B, or C.**

**1. Read the text and do the reading tasks.**

Airports are amazing mini-cities where there are hundreds of different jobs you can do. We spoke to three people who do very different things.

**Sarah May, 34, terminal duty manager**

‘I started on the information desk and I did that for two years. Most of the time people were friendly, but occasionally I had to deal with some difficult questions and some very angry people. Last year, I became a terminal duty manager. Now I deal with all kinds of things, including passenger complaints, visits by the rich and famous, heating failures, cleaning contracts, and health issues. In fact, I spend a lot of time walking around and talking to people on my mobile.’

**John Hammond, 23, baggage handler**

‘Doing this job means I’m very fit, because I have to carry heavy bags and suitcases and put them onto the baggage trucks. The best thing about my job is the people I work with. We have a lot of fun at work. The worst thing is the shift work. I hate working at night and very early in the morning. I don’t think I’m going to do this job for ever, but I’ll probably look for something else in the airport because I think it’s a really exciting place to work.’

**Tessa Reed, 28, airport engineer**

‘I studied engineering at university and worked in an office for a few years. I was quite bored, so when I saw an advert for an engineer at Heathrow airport, I decided to apply. There are all kinds of things to deal with here – ventilation, heating, escalators, lifts – my job can be very busy sometimes. So many things can go wrong! I’m usually very tired when I get home, but I enjoy doing different things each day.’

**A. Read the article about people who work in airports and tick (ü) A, B, or C.**

1. **Read the text and do the reading tasks.**

**How many ways are there to learn a language?**

Do you want to learn a language? We interviewed three people who learned a language in very different ways.

June is 36 and a mother of two. She went to evening classes.

‘I gave up working when I had my first child, but a year ago I joined a French evening class. At first, it was quite difficult. We had to speak French all the time in the classroom and I didn’t understand anything. Also, when you only have one lesson a week, you have to do a lot at home. I studied when the children were in bed and I listened to French tapes in the car. At the end of the year I could speak French quite well.’

Tim is 23. He went to Italy to learn Italian.

‘When I finished university, I wanted to travel and learn a language. I already knew a bit of Italian, so I decided to go there. I didn’t want to do formal lessons, so I bought some tapes and listened to them before I went. I travelled around the country for six months. It’s the only way to learn! I didn’t have much money, so I worked in bars. That meant I met a lot of people and learned a lot of Italian. I also had a great time. I’d definitely recommend it.’

Sasha is 29. She did an intensive course in London.

‘I studied French and Spanish at university and got a job with computers. I missed learning a language, so I asked my boss for a month’s holiday and enrolled on an intensive German course in London. We did six hours of lessons every day, so it was quite hard work. We all communicated in German. The problem was when I went home, I spoke English again. The course was fun and I learned a lot, but I’d like to do a course in Germany next time.’

**A.    Read the article and tick (ü) A, B, or C.**