UNIT 5 QUIZ B AUDIO SCRIPT

Listening 1 Exercise A

Grace Hi, Henry. How are you?

Henry Oh hi, Grace. OK, I guess. Just a little tired. I haven't been sleeping much these days.

Grace Oh, are you still doing your exams?

Henry No. I finished my exams a week ago, but I'm still not sleeping very well … Of course, when I was doing the exams, I was anxious about them the whole time. But I thought that, once they were over, my anxiety levels would go down and I'd be sleeping the whole night again …

Grace Hmm … Is there anything else that's worrying you now?

Henry I don't know … I guess now I'm worried about not having passed the exams … Some days I panic a little. What if I did really poorly?

Grace Oh, come on … You know that hasn't happened. You are an excellent student! What I think you need is to calm down. For example, have you ever tried doing something to relax before you go to sleep? Like listening to calming music or drinking chamomile tea?

Henry Never. But Matt told me about an app that he uses to go to sleep. It's a kind of meditation app that helps you relax. But I'm not sure … I'm a little reluctant to use it because I've never tried meditation, and I don't know if it would work for me.

Grace Oh, you should try it! I sometimes use one of these. They usually include some breathing techniques, which can be really helpful. It's amazing how being conscious of your breathing can help you calm down and relax.

Henry Ha, I didn't think you had any problems with that. You always seem like such a relaxed person …

Grace Yeah, I guess you can say I'm usually a relaxed person. But life is not perfect, right? So sometimes I just need something to help me calm down and regain control. And these apps can be quite effective. Here, let me show you which one I use. I think there is a free version, too.