



14. 다음을 듣고, 남자가 하는 말의 주제로 가장 적절한 것을 고르시오.

M: Hello, everyone. Welcome to Today's Advice. This is your host, Michael Robinson. As you know, sleeping well can have a great effect on your body. Then, what should we do to sleep well? First, do some exercise in the sun. It helps you improve the quality of your sleep. Second, don't stay up late and don't oversleep. Doing so can negatively affect your sleep schedule. Sounds easy, right? Why don't you give it a try?

- ① 과도한 운동의 위험성
- ② 잠을 잘 자기 위한 생활
- ③ 좋은 침대를 고르는 기준
- ④ 규칙적인 아침 식사의 중요성
- ⑤ 올바른 자외선 차단 방법



Learn new words

_____	_____
_____	_____
_____	_____
_____	_____

Dictation

M: Hello, everyone.

Welcome to Today's Advice.

This is your host, Michael Robinson.

As you know, _____.

Then, _____?

First, do some exercise in the sun.

It helps _____.

Second, don't stay up late and don't oversleep.

Doing so can negatively _____.

Sounds easy, right?

_____?