



04. 대화를 듣고, 여자의 의견으로 가장 적절한 것을 고르시오.

W: Hi, Sam. How are you?

M: Fine. How about you, Christine?

W: I feel really good.

M: Wow! What happened to you? You usually say you're tired.

W: Well, I changed how I sleep. I started sleeping on my left side, and it has improved my health.

M: Really?

W: Yeah. I've done it for a week, and my digestion has got better.

M: I didn't know how we sleep has something to do with digestion.

W: It does. Sleeping on your left side helps the digestive process because your stomach is on the left.

M: I can see that. But does improving digestion make you that much healthier?

W: Sleeping on the left side does more than that. I think it's good for health because it also helps blood circulation to the heart.

M: That makes sense. I guess I should try it.

- ① 왼쪽 신체의 잦은 사용은 두뇌 활동을 촉진한다.
- ② 수면 시간과 심장 기능은 밀접한 관련이 있다.
- ③ 왼쪽으로 누워 자는 것은 건강에 도움이 된다.
- ④ 규칙적인 운동은 소화 불량 개선에 필수적이다.
- ⑤ 숙면은 정신 건강을 유지하는 데 중요한 요인이다.

## Learn new words

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# Dictation

W: Hi, Sam. How are you?

M: Fine. How about you, Christine?

W: I feel really good.

M: Wow! What happened to you? You usually say you're tired.

W: Well, I changed how I sleep. \_\_\_\_\_  
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M: Really?

W: Yeah. I've done it for a week, and my digestion has got better.

M: \_\_\_\_\_.

W: It does. \_\_\_\_\_  
because your stomach is on the left.

M: I can see that. \_\_\_\_\_?

W: Sleeping on the left side does more than that. \_\_\_\_\_  
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M: That makes sense. I guess I should try it.