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Episode #273

Healthy Lifestyle

- SLEEP -

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Hi! I'm Georgiana. Thanks for joining me for another episode of the podcast. My mission is to help you **improve your fluency**.

Today, we're discussing our precious hours in bed every night, and why it's important to get a good amount of sleep. And with a mini-story, you will practice your English speaking.

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Ok, let's start!

I remember a time when I constantly felt tired. I'd drag myself through the day, feeling like I was two steps behind. I thought, "Maybe it's just how life is."

But, one day, I looked at my nighttime habits and realized I wasn't giving my body the rest it needed. And trust me, once I made a few changes, everything transformed. I felt alive and happier, and everything just became easier. I want that for all of you, too. So, let's dive in!

Why are restful nights crucial?

1. Recharge your body and mind. During those quiet hours, your body and mind reset. Imagine it like charging a phone. When you wake up, you're ready to go!

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2. Better mood. Getting enough rest can make you happier and less irritable. When we're tired, everything seems harder.

3. Helps with memory. Rest can sharpen your memory. This is essential for students and those with busy jobs.

4. Keeps you strong. Getting a good night's sleep helps your body stay healthy, and you might not get sick as much.

Knowing this, how can we make the most of our nights?

1. Set a routine. Try to go to bed at a similar time every night. This creates a rhythm for your body.

2. Peaceful surroundings. Ensure your room is dark and silent. This signals to your brain that it's time to wind down.

3. Avoid screens. Put electronics away at least one hour before you head to bed. Their light can disturb your natural rhythms.

4. Comfort is key. A comfy bed, the perfect pillow, and a cozy blanket can really make a difference.

5. Relax before bedtime. Read, listen to soothing music, or enjoy a warm bath. These activities can help you unwind.

Sometimes it's hard to get 8 hours of sleep. But remember, it's about quality over quantity. Six hours of good, solid rest can be better than eight hours of tossing and turning.

To summarize, A restful night is like a mini-vacation for our brains. We all benefit from it. It keeps us sharp, cheerful, and healthy. With a few adjustments, we can all make our nights count.

And now let's continue with a mini-story!

Mini-Story

(Practice your speaking)

I will tell a story, by asking simple questions. I use this technique extensively in my [premium courses](#) as it is highly effective.

First, I say a phrase with information. Next, I ask some questions. After each question, there is a pause. It's your turn to answer! After each pause, I will give a correct answer. That's how I build the story.

And if you want to improve your fluency much faster, check out my [Premium Courses](#) at:
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There are several levels.

Okay! Let's start!

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Henry enjoys watching the stars. He is so fascinated by a comet that he can't sleep.

Henry, do you dislike anything?

No, no. I don't dislike anything. I enjoy something.

What do you enjoy? Watching TV shows?

No, no. I don't enjoy watching TV shows. I enjoy watching the stars.

Are you interested in camels?

No, not really. Camels don't interest me. I'm interested in comets.

So, a comet or a camel?

A comet. I'm interested in comets.

Are you able to sleep?

No, I can't sleep.

What keeps you awake? Your love for watching stars?

Yes. I can't sleep because I love watching the stars.

Night after night, he looks up, forgetting about rest. He tries different ways to sleep, but nothing works.

Do you always stay up late?

Yes, I always stay up late. Night after night, I'm up.

Do you enjoy stargazing?

Yes, I enjoy stargazing. I often look up at the night sky.

Do you remember to rest?

No, no. I often forget about rest.

Have you tried to sleep?

Yes, I've tried different ways to sleep.

Do those methods work for you?

No, no. Nothing seems to work.

Then, one clear night, he sees something strange while looking at the sky. The stars seem to arrange themselves into words that read: "Sleep, Henry."

Do you see something strange tonight?

Yes, I see something strange in the sky.

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What do you see?

The stars. They seem to arrange themselves strangely.

Do they arrange themselves into words?

Yes. The stars arrange themselves into words.

What do the words read? "Have some coffee, Henry?"

No, no. They read: "Sleep, Henry."

So, the stars are telling you to do what?

To sleep. They specifically say, "Sleep, Henry."

Surprised, Henry realizes maybe he is pushing himself too hard.

Are you surprised by something?

Yes, I am quite surprised.

Do you think you are taking things easy?

No, I realize maybe I've been pushing myself too hard.

So, do you think you need to slow down?

Yes, I realize that I am pushing myself too hard. I need to slow down.

Do you often push yourself beyond your limits?

Yes, I realize that I am pushing myself beyond limits.

Listening to this special message from the sky, he decides it's time for a break. He packs up his telescope and goes to bed.

What are you doing after reading the message from the sky? Are you preparing a coffee?

No, I'm not preparing a coffee. I'm deciding it's time for a break.

Are you unpacking your telescope?

No, I'm not unpacking my telescope. I'm packing up my telescope.

So, where are you going after that? Clubbing?

No, after that, I'm not going clubbing. I'm going to bed.

Is the message from the sky influencing your decision?

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Yes, it's making me realize I need some rest.

That magical message from the stars is all he needs. From that moment on, Henry sleeps well, balancing his love for stargazing with the need for rest.

Do you need something to help you sleep?

Yes, I need a sign or a message.

And where does that message come from?

From the stars. The message comes from the stars.

Is the message magical?

Yes. It's magical. The message from the stars is magical.

Is the message effective?

Yes. From that moment on, I sleep well.

Do you sleep well before or after reading the message?

After reading the message, not before that. I sleep well after reading the message.

So, do you still enjoy stargazing?

Yes, I still enjoy stargazing.

Wow, how ironic that Henry's deep fascination with the stars, which kept him awake night after night, led to the stars sending him a message and encouraging him to sleep!

Do you have trouble sleeping, like Henry did, or do you usually sleep well?

Well, this is the end of this short exercise. As you can see, answering many simple questions can improve your speaking, just like in a real-life conversation.

Today, you've only seen a small example of how the question-and-answer technique works. Do you want to unlock this full potential?

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That's all for today.

I will be back next week!

Bye! Bye!



Georgiana

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