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Tick the characteristics which are true for each answer. People with mostly A answers: 1 You have regular routines. 2 You are hardly ever tired. People with mostly B answers: 3 You wake up once or twice a night. 4 You need more sleep than other people. People with mostly C answers: 5 You regularly work in the evening. 6 You don't like sport.

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Answers 1. c 2. a 3. c 4. d Explanation of Answers 1. Smoking is bad for your health so it is an unhealthy habit. 2. According to doctors, we should sleep in a dark room without distractions such as music or other noise. 3. Drinking alcohol is an unhealthy habit. 4. When life gets hectic, many individuals fail to develop healthy stress management habits.

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