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https://www.100test.com/kao_ti2020/133/2021_2022__E8_B5_96_E4_B8_96_E9_9B_84_E4_c96_133360.htm 49. Stop Snoring !

Millions of families have trouble falling asleep. Do you know why ? There's someone in the family who has a snoring problem. The problem can be quite serious. In some cases , couples have to sleep in separate bedrooms. And in others , kids can never study or even watch TV once Dad hits the sack. So how can we avoid being a snoring nuisance ? One way is to avoid eating a big meal before going to bed. Drinking alcohol near bedtime is something , which also causes snoring. Changing the position in which the snorer sleeps also helps. Another alternative is to wear ear plugs. But if all these ideas fail , you have only one choice : Wake the snorer up. Tell him its his turn to watch you sleep. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com