



Jennifer Aniston, 55, Opens Up About Struggling with a Common Health Condition

Description

Everyone knows Jennifer Aniston for being in good shape. But, from a recent interview with Allure, we found out she finds it hard to sleep. She said, "I have a hard time sleeping, especially in the last 10 to 15 years."

Most people might think she has a problem called insomnia. That's when someone finds it hard to sleep. But actually, her problem is different. She finds it hard to stop thinking about all the things she saw on her smartphone during the day.

She said our brains are not designed to take in so much information. This can lead to too much worry and stress. She misses the old days when people got their news from a TV, a radio and a single newspaper.

She also talked about how she prepares for sleep. She said, "I turn everything off at least two hours before bed." But even if she can't fall asleep quickly, she doesn't worry.

Jen also said it's important to love our bodies. This means treating them well as we grow older. She feels much more confident and happy now, than when she was in her younger years.

Many people know Jennifer Aniston from the TV show "Friends". Even though she's now 55, she always looks fit and strong, thanks to her healthy habits.

Vocabulary List:

1. **Insomnia** /ɪn'sɒm.ni.ə/ (noun): A condition characterized by persistent difficulty in falling asleep or staying asleep.
2. **Information** /ɪn.fər'meɪ.jən/ (noun): Data or knowledge communicated or received concerning a particular fact or circumstance.
3. **Confidence** /'kɒn.fɪ.dəns/ (noun): The feeling or belief that one can rely on someone or something; firm trust.
4. **Prepared** /prɪ'peəd/ (adjective): Ready for a specific purpose or activity.
5. **Worry** /'wɜːr.i/ (verb): To feel anxious or concerned about something.
6. **Habits** /'hæb.ɪts/ (noun): Regular practices or routines that are hard to give up.

Comprehension Questions



Multiple Choice

1. What does Jennifer Aniston find hard to do, according to a recent interview?
Option: A. Exercise regularly
Option: B. Sleep
Option: C. Eat healthy
Option: D. Meditate
2. What specific issue does Jennifer Aniston mention as the reason for her difficulty in sleeping?
Option: A. Insomnia
Option: B. Smartphone usage
Option: C. Stress at work
Option: D. Noise pollution
3. How does Jennifer Aniston prefer to prepare for sleep according to the text?
Option: A. Watching TV
Option: B. Two hours of no screen time
Option: C. Reading a book
Option: D. Doing yoga
4. What does Jennifer Aniston emphasize as important for mental well-being?
Option: A. Following a strict diet
Option: B. Loving our bodies
Option: C. Daily meditation
Option: D. Regular therapy sessions
5. What age is Jennifer Aniston currently?
Option: A. 45
Option: B. 50
Option: C. 55
Option: D. 60
6. What TV show is Jennifer Aniston most famously known for?
Option: A. Grey's Anatomy
Option: B. The Big Bang Theory
Option: C. Friends
Option: D. Gossip Girl



True-False

7. Jennifer Aniston believes our brains are designed to handle excessive information easily.
8. Jennifer Aniston mentioned she worries if she can't fall asleep quickly.
9. Jennifer Aniston feels less confident and happy now compared to when she was younger.
10. Jennifer Aniston stated that she follows a strict sleep schedule every night.
11. Jennifer Aniston credits her fit and strong appearance to unhealthy habits.
12. Jennifer Aniston mentioned she enjoys using her smartphone before bedtime.

Gap-Fill

13. According to the text, Jennifer Aniston finds it hard to sleep especially in the last 10 to _____ years.
14. Jennifer Aniston mentioned that she turns everything off at least _____ hours before bed.
15. Jennifer Aniston misses the days when people got their news from a TV, a radio, and a single _____.
16. Jennifer Aniston feels much more confident and happy now compared to when she was in her younger _____.
17. Jennifer Aniston attributes her fit and strong appearance to her _____ habits.
18. Jennifer Aniston mentioned that it is important to treat our bodies well as we _____ older.



Answer

Multiple Choice: 1. B. Sleep 2. B. Smartphone usage 3. B. Two hours of no screen time 4. B. Loving our bodies 5. C. 55 6. C. Friends

True-False: 7. False 8. False 9. False 10. False 11. False 12. False

Gap-Fill: 13. 15 14. two 15. newspaper 16. years 17. healthy 18. grow

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which of the following is a common symptom of insomnia?

Option: A. Difficulty falling asleep

Option: B. Excessive daytime sleepiness

Option: C. Both A and B

Option: D. None of the above

2. Habits can be defined as:

Option: A. Highly unpredictable behaviors

Option: B. Routine behaviors done regularly

Option: C. Spontaneous actions without thought

Option: D. All of the above

3. What does an engagement typically signify?

Option: A. The start of a romantic relationship

Option: B. A promise to marry

Option: C. A mutual agreement to end a partnership

Option: D. None of the above

4. Which of the following best describes a fantasy?

Option: A. A realistic situation

Option: B. An imaginative and unrealistic scenario

Option: C. An everyday occurrence

Option: D. A historical event

5. Charm is often associated with:



- Option: A. Boredom
Option: B. Wit and charisma
Option: C. Rude behavior
Option: D. Apathy
6. Being prepared can help reduce:
Option: A. Confidence
Option: B. Anxiety
Option: C. Joy
Option: D. Anger
7. What does it mean to have a desire for something?
Option: A. Indifference
Option: B. A lack of interest
Option: C. A strong feeling of wanting something
Option: D. Disgust
8. The term "classic" is often used to describe something that:
Option: A. Is outdated
Option: B. Is timeless and of high quality
Option: C. Is rare
Option: D. Is boring
9. Which of the following is most associated with the word "fresh"?
Option: A. Stale
Option: B. New and clean
Option: C. Old and musty
Option: D. Dull
10. People often celebrate to:
Option: A. Show sadness
Option: B. Commemorate an event
Option: C. Isolate themselves
Option: D. Cause destruction

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Gathering _____ before making a decision is crucial for success.
12. A _____ can have serious consequences on a person's health.



13. Having a _____ network of friends can help during difficult times.
14. Growing up with _____ can be both rewarding and challenging.
15. Trying new adventures can make life more _____.
16. She was immediately _____ to his confident demeanor.
17. Constant _____ can have a negative impact on mental health.
18. The singer felt nervous before _____ in front of a large audience.
19. She felt relieved when her ideas were _____ by the team.
20. He was _____ for the support he received during a difficult time.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Having in oneself is essential for personal growth.
22. Many people enjoy watching movies for the emotional connections.
23. Early detection of a can greatly improve treatment outcomes.
24. Obtaining is crucial in any medical procedure.
25. A friend is always there to offer help and encouragement.
26. People often important milestones with family and friends.
27. She has been happily married to her for over a decade.
28. Maintaining good is important for overall well-being.
29. Traveling to new places can be an adventure.
30. in advance can help reduce stress when faced with a challenge.

Answer

- Multiple Choice:** 1. C. Both A and B 2. B. Routine behaviors done regularly 3. B. A promise to marry 4. B. An imaginative and unrealistic scenario



5. B. Wit and charisma 6. B. Anxiety 7. C. A strong feeling of wanting something 8. B. Is timeless and of high quality 9. B. New and clean 10. B. Commemorate an event

Gap-Fill: 11. information 12. stroke 13. supportive 14. siblings 15. exciting 16. attracted 17. worry 18. performing 19. accepted 20. grateful

Matching sentence: 1. confidence 2. romantic 3. tumor 4. consent 5. supportive 6. celebrate 7. husband 8. health 9. exciting 10. Preparing

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Author

aimeeyoung99

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