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youtube.com/EnglishTreasure

Sleep

human 'hju:mən

literally 'lit(ə)rəli

without wið 'aʊt

wide waɪd

failing 'feɪlɪŋ

obesity ə(ʊ)'bi:sɪti

teenagers 'ti:neɪdʒəz

grow grəʊ

childhood 'tʃaɪldhʊd

shorter ʃɔ:tə

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appreciate ə'pri:ʃieɪt

long-term lɒŋ tɜ:m

anything 'eniθɪŋ

sorted 'sɔ:tɪd

asleep ə'sli:p

lose lu:z

next nekst

staying steɪɪŋ

late leɪt

thus ðʌs