Sleep tight!

SLEEPING HABITS

How many hours do you sleep?
What time do you wake up/get up?
Do you think you sleep enough?

LIVEWORKSHEETS

Sleeping positions: what's yours?

What do you think?

LIVEWORKSHEETS

DISCUSS.

1 When you were a young child, did you use to...?
- share a room with a brother or sister
- sleep with the light on
- wake up very early in the morning

2 Do you ever have problems sleeping when you're staying somewhere new or different that you aren't used to (e.g. in a hotel)?

3 Do you think you would find it difficult to get used to...?
- always going to bed after midnight
- getting up at 5.30 a.m. every day
- travelling long-haul very often

LIVEWORKSHEETS

VOCABULARY

be a light sleeper
fall asleep
be fast asleep
have nightmares
keep you awake
oversleep
sleep like a log
sleepwalk
set the alarm

What do you think they mean?

LIVEWORKSHEETS

Facts about sleep. Write TRUE or FALSE.

1 Male students yawn longer.

2 Light blankets can help you relax more than heavy ones.

3 We feel sleepy at three times a day.

4 Sleeping pills can cause memory problems.

LIVEWORKSHEETS

FASCINATING FACTS ABOUT SLEEP

Studies have shown that male students **yawn** longer and more often than female students.

Many people have a **nap** after lunch. The so-called 'post-lunch dip' is because we naturally feel **sleepy** at two times of day: 2.00 a.m. and 2.00 p.m.

People who **snore** can make a noise as loud as 100 decibels, equivalent to a pneumatic drill.

Covering yourself with heavy **blankets** can help you relax and get a better night's sleep. The pressure on the body produces serotonin, a chemical that helps with sleep, mood, and digestion.

Read and check!

LIVEWORKSHEETS

People often change their **sheets**, but up to one third of the weight of a **pillow** can be made up of dead skin and bugs. And if you don't wash a **duvet** at least every six months, it can contain up to 20,000 live dust mites.

Scientists have produced flies which have **insomnia**. They lose their balance more often, are slower learners, and gain more fat – the same as humans who don't get enough sleep.

If you have taken **sleeping pills**, you aren't actually asleep, you're sedated. Some researchers think that this can cause memory problems.

Read and check!

LIVEWORKSHEETS

Complete.

1 Most people start feeling ____ at around 11.00 p.m.

2 When people are tired they often open their mouth and ____.

3 When they get into bed, they put their head on the ____.

4 In bed, many people sleep under a ____ filled with feathers or synthetic material.

5 Other people prefer to sleep under ____ and ____.

6 Some people can't sleep because they suffer from ____.

LIVEWORKSHEETS

Complete.

7 People sometimes have to take ____ to help them go to sleep.

8 Some people who are asleep make a loud noise when they breathe, i.e. they ____.

9 In hot countries, it's common to have a short ____ in the afternoon.

10 A person who sleeps well '____'.

11 Someone who doesn't sleep very deeply is a ____.

12 Some children ____ if they watch scary films before bedtime.

LIVEWORKSHEETS