SLEEP HABITS - VOCABULARY

Before, during and after sleep

BEFORE:

You feel _____, start _____, and decide to go to bed.

You might put on _____ or a nightie, perhaps set the _____,

and then get into bed. Soon, if you're lucky, you _____.

DURING:

When you're _____, you have dreams and possibly _____.

Some people _____: at this point they are _____.

AFTER:

7.30 a.m. The alarm _____. It might _____,

or you might be _____ already. If you don't hear the alarm,

you might _____. On Sunday, you might decide to have a

_____.

OTHER SLEEPING FACTS:

Young children often don't want to go to bed at their proper _____.

Teenagers often like to _____. Older people sometimes

_____ in the afternoon. But for everybody, it's important to

_____.

We can dream while we are awake. We call this _____.

People who walk in their sleep are _____.

People who can't sleep have _____ and take

_____ to help them. When someone is going to bed,

You can say '_____ dreams' or 'sleep _____'.

yawning

fall asleep

sleepy

alarm

pyjamas

fast asleep

snore

nightmares

asleep

wide awake

oversleep

wake you up

goes off

lie-in

stay up late

get a good night's sleep

bedtime

take a nap

insomnia

sleepwalkers

sleeping pills

tight

sweet

daydreaming

LIVEWORKSHEETS