

## 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