

Task 1. Match the sentences with activities

get up go home go to bed go to work/college have a shower have lunch/dinner
listen to music make breakfast play video games read a book see friends
watch TV/a film

1 Stop sleeping and leave your bed.

get up _____

2 Prepare a morning meal.

3 Take a car or a bus, or walk to the place where you work or study.

4 Eat a meal during the day/in the evening.

5 Spend time with people you know and like.

6 Return to the place where you live after work or some other activity.

7 Something you do at the end of the day when you want to sleep.

8 Look at a programme on a TV or see something at the cinema..

9 A fun activity you do on a phone or computer.

10 Stand under the water and wash your body.

11 An activity that you can do with a CD player or an MP3 player.

12 An activity you do when you study or relax.

Task 4. Match 1-10 with a-j.

1 Sam always pays

a) with me about their clothes.

2 My children like looking

b) about what you eat.

3 Jaime doesn't talk

c) at funny films.

4. People usually laugh

d) at my old school photos.

5 I hate listening

e) for help with your work.

6 We don't usually arrive

f) for things with his credit card.

7 You hardly ever ask

g) for the bus in winter.

8. I don't like waiting

h) at work before 8.30.

9. It's a good idea to think

i) to pop music.

10 My children never agree

j) to his family every day

Task 3. Complete verbs with correct prepositions.

with to(2x) at(3x) for(3x) about

1 agree _____

6 look _____

2 arrive _____

7 pay _____

3 ask _____

8 talk _____

4 laugh _____

9 think _____

5 listen _____

10 wait _____



Task 4. Complete the sentences with the correct verbs and prepositions from Task 3.

Sleep problems?

When we don't get enough sleep, we feel tired during the day and we find it difficult to work or study. Sometimes we don't sleep because we go to bed and 1 think about our problems. Sometimes there's another reason.

There are sleep labs where doctors study sleep problems and you can spend a night at one of the centres. What happens there? Well, you 2 the centre in the evening and a nurse meets you and takes your personal details, then you 3 a doctor to arrive.

You 4 the doctor about your health and about your sleep problems. After that, the nurse takes you to your room. People often watch TV or 5 music in their room, until they want to go to sleep.

When you're asleep, a computer studies how you sleep and records the information. After your night at the sleep centre, doctors 6 your sleep information on the computer.

Do you have problems with your sleep? You can contact a sleep centre and 7 more information. Some centres 8 your time when you do a sleep study.

