

Task #1. Match the phrasal verbs to their definitions.

add up

cut out

fit smth into

rack up

build up

drift off

keep smbd up

slip away

cut back on

drive smbd to

pack smth into

wind down

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

1. eliminate

2. go away unnoticed

3. slowly relax

4. accumulate

5. increase over time

6. reduce the amount

7. gently fall asleep

8. make time for an activity

9. obtain or achieve to reach a target

10. stop someone from going to sleep

11. motivate someone to do something

12. do a lot of things in a limited amount of time

Task #2. Complete the paragraph with phrasal verbs.

There's no doubt that (1) on screen time before bed and (2) caffeine in the afternoon can help you get to sleep quicker, but there's another problem. We (3) so much our schedules during the week that no matter how hard we try, we just can't (4) the recommended number of hours of sleep. Work commitments (5) us late at night. Family commitments get us up extra early in the morning. Slowly but surely, sleep deprivation (6) until we're barely functioning by Friday.

But there's good news! Some research shows that by sleeping late on the weekend, we can actually make up for all those lost hours. Don't set your alarm clock Saturday morning - let yourself (7) and take it easy. Feel the tension and tiredness (8) All that extra sleep will (9) to give you a cheerful Monday morning!