

Vocabulary

Sleep

1 Match the sentence halves.

- 1 I had a really sleepless ____
- 2 I couldn't stop ____
- 3 Sami was so tired. He was out ____
- 4 My dad always nods ____
- 5 My husband's a real night ____
- 6 It's Saturday tomorrow. I'm having ____
- 7 I often have a little ____
- 8 I've never been much of an early ____

- a like a light by 7 p.m.
- b yawning all day. I was so tired.
- c nap in the afternoon.
- d off in front of the TV.
- e riser until now.
- f a lie-in until at least 10 p.m.
- g night last night.
- h owl. He doesn't go to bed until 2 a.m.

2 Complete the article using the prompts in the box.

be / early riser be / night owl have / nap
have / sleepless / night nod out / like / light
suffer / a kind of jetlag yawn

Is sleep a public health issue?

Scientists have warned that our lack of sleep is so serious, it could be a public health crisis. Research shows that adults who miss out on sleep can feel more anxious, while young children who miss out on ¹ _____ for an hour in the afternoon have poorer memories. Unfortunately, it seems as though more and more of us are ² _____. This lack of sleep is due to longer working hours, increased levels of stress and the light emitted from technology. The result is that the next day, we can't stop ³ _____ and feel as if we could ⁴ _____ at any time.

There is also the question of whether society should be more flexible when it comes to our working day. At the moment, it suits people who ⁵ _____, because they're ⁶ _____ by 10 p.m. However, those people who ⁷ _____ find it hard to be productive so early in the morning. When they have to get up with such little sleep, they can even ⁸ _____ despite not travelling anywhere.

Grammar

Auxiliary verbs

3 Choose the correct alternatives.

- 1 A: You must be exhausted.
B: I *must/am*. I can't wait to get home.
- 2 A: Isn't Matt picking you up?
B: He *is/will*. He'll be here in a few minutes.
- 3 A: You should have called and asked me to help.
B: I *did/should*, but you didn't answer.
- 4 A: Is Zadie coming round later?
B: She probably *might/will*. It depends when she finishes.
- 5 A: I can't get this app to work.
B: Neither *can/can't* I. It's driving me mad!
- 6 A: Do you see James much?
B: I *could/used to* when he lived nearby, but not now.

4 Complete the conversations with phrases a–f.

- 1 A: Did you go out last night?
B: _____, but I couldn't get my car to start.
 - 2 A: You must have left before I got to the gym last night.
B: _____. We saw you as we were leaving.
 - 3 A: Is Joe going somewhere nice next week?
B: _____. He's off to Majorca.
 - 4 A: You're leaving the company!
B: _____, sorry. I feel it's time for a change.
 - 5 A: Are you going to Josh's party tonight?
B: I wish _____, but unfortunately I'm busy.
 - 6 A: I didn't know that you could play pool so well.
B: _____. I think it was beginner's luck.
- a I am d Neither did I
b We did e He is
c I would have f I could

5 Complete each sentence with an auxiliary verb.

You looked tired today.

I ¹ _____, but I had a nap and I'm OK now.

You should've gone to bed earlier.

I ² _____, but I got woken up by my neighbours shouting at each other at 4 a.m. Are you going out later?

I ³ _____, but not until 9 p.m. I'm meeting Jak for dinner. You wanna come?

I ⁴ _____ if I ⁵ _____, but I've got a hot date with a law book. I've got an exam tomorrow.

OK, no problem. I'm sure you'll do great.

I ⁶ _____! I don't feel confident at all.

Is that your last exam?

I wish it ⁷ _____ but I've got one more next week. Then I can relax.