

31 Sleep

A Before, during and after sleep



1

BEFORE: You might be **exhausted** after a busy day, perhaps feel **sleepy**, start **yawning**¹ and decide it's time for bed. You might wear **pyjamas**² or, if you're a woman, possibly a **nightdress/nightie**³ (*inf*). When you get into bed, you might **set the alarm**⁴. Soon, if you're lucky, you will **fall asleep**.



2

DURING: When you're asleep, you have dreams and possibly **nightmares**. Some people **snore**. At this point they're **fast asleep**.



3

AFTER: 7.00am. The alarm **goes off**. It might wake you up, or you might be **wide awake** already. People without an alarm might **oversleep**, others might decide to **have a lie-in**.



4

GLOSSARY

exhausted	very tired, either physically or mentally SYN worn out
sleepy	tired and ready to go to sleep
fall asleep	start sleeping SYN go to sleep/get to sleep; get back to sleep sleep again after you have woken up
nightmare	a bad or frightening dream
snore	breathe noisily while you are asleep
fast asleep	sleeping deeply SYN in a deep sleep OPP wide awake
go off	(of an alarm) ring or make a noise
oversleep	sleep longer than you should or want
have a lie-in	stay in bed later than usual

SPOTLIGHT *sleep*

There are a number of words and phrases derived from **sleep**:
 A **heavy sleeper** sleeps well. A **light sleeper** wakes easily.
 A **sleeper** can also be a night train with beds for passengers.
 A **sleeping bag** is a large bag you sleep in when you are camping.
 A **sleeping pill/tablet** is a medicine you take to help you sleep.

1 Cover the glossary and spotlight. What words or phrases are being defined?

- | | |
|--|--|
| 1 very tired, physically or mentally | 6 stay in bed later than usual |
| 2 clothes some women wear in bed | 7 a night train with beds for passengers |
| 3 medicine to help you sleep | 8 open your mouth wide because you are tired |
| 4 sleep longer than you want to | 9 You sleep in this in a tent. |
| 5 a bad dream | 10 breathe noisily while asleep |

2 Replace the underlined word(s) with words or phrases that keep the same meaning.

I was really tired, so I went to bed quite early last night. I got to sleep without a problem and very soon I was in a deep sleep. Unfortunately, in the middle of the night, I had a bad dream, which woke me up. After that, I was awake for ages and didn't fall asleep again until about half past four, so when the alarm rang just after seven, I didn't hear it and I carried on sleeping. When I finally woke up, I still felt a bit tired.

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3 Complete the questions?

- 1 Are you a sleeper or a sleeper?
- 2 Do you normally wear in bed?
- 3 Do you normally set an when you go to bed?
- 4 Do you usually feel awake as soon as you wake up?
- 5 Do you often have a at the weekend?
- 6 Do other people ever tell you that you when you're asleep?
- 7 Have you ever taken sleeping ?
- 8 Do you own or ever use a sleeping ?

ABOUT YOU

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4 ABOUT YOU Write your own answers to the questions in Exercise 3, or talk to another student.



TEST YOURSELF

B Sleep habits

Antonio I sleep like a log wherever I am.	Ella If I eat late, it disturbs my sleep and I often have a restless night .	Hiroko I work late and get up early so that restricts my sleep to about five hours.
Raul Lack of sleep makes me really irritable .	Suzanna I sleep well as long as I establish a good routine and stick to it .	Carla I'm sensitive to light and need to sleep in total darkness .
Nick I suffer from insomnia , so I never get much sleep.	Agnieszka During the day, I often have a nap .	Omar When there are things on my mind – like exams – I sleep badly.

GLOSSARY

sleep like a log	sleep very well	OPP have a restless night	sensitive (to sth)	easily affected by sth which may cause pain or upset
disturb	stop sb doing sth, e.g. working, sleeping or thinking		darkness	the state of being dark: in total darkness
restrict	put a limit on sb/sth		insomnia	If you suffer from insomnia , you are often unable to sleep.
irritable	becoming angry easily		have a nap	have a short sleep, e.g. for half an hour
as long as	on condition that	SYN provided that	on my mind	If sth is on your mind , you're thinking or worrying about it.
establish	start or create sth such as a system, organization, etc.			
stick to sth inf	continue with sth and not change to anything else			

- 5 The pronunciation of the letter 'i' is the same as in *bit* in most of these examples. Which two are different? Use the APP to help you.

disturb restrict irritable establish stick sensitive provided insomnia

- 6 The pronunciation of the letter 's' is the same as in *sit* in most of these examples. Which two are different? Use the APP to help you.

sleep disturb restless establish as long as stick darkness insomnia

- 7 Combine words in the box to form six phrases.

have	sleep	insomnia	have a restless	a nap	in total
night	suffer from	like a log	my mind	darkness	have something on

- 8 Complete the sentences with a word or phrase.

- I get very _____ if I don't sleep well.
- I sleep well _____ I'm in my own bed. I don't sleep well in strange beds.
- After a relaxing bath and a hot drink, I always sleep _____.
- Try to go to bed at the same time every night. Have a routine and _____ to it.
- I had too much to eat and drink last night, and I had a very _____ night.
- I didn't sleep well last night because I've got a lot of things on _____.
- Most experts say that you need to _____ a bedtime routine to sleep well.
- I've been staying up late to revise for exams and that has _____ the amount of sleep I get.
- If I'm _____ during the night, I find it difficult to get back to sleep.

- 9 **ABOUT YOU** Read the statements at the top of the page again. Are they true for you? Write your answers under each statement, or ask another student.



TEST YOURSELF