

# VOCABULARY

## sleep

**1 A** Complete the conversation with the words in the box.

deep dropping off exhausted keep  
nightmare oversleep sleeper snore

Doctor: Thanks for coming to the sleep clinic. I'd like to ask you a few questions before we run some tests.

Fran: Sure. I've just been so <sup>1</sup> ..... lately and I don't know why! I go to bed early, but often <sup>2</sup> ..... and end up being late for work.

Doctor: What time do you usually go to bed?

Fran: About ten o'clock. I don't have any problems <sup>3</sup> ..... and I'm never awake past 11 p.m.

Doctor: Do you wake during the night?

Fran: Only if I'm having a <sup>4</sup> ..... But I usually go back to sleep again once I'm calmer.

Doctor: And do you <sup>5</sup> .....? I mean, has anyone ever told you that you do?

Fran: Sometimes – if I've gone to bed *really* tired. I <sup>6</sup> ..... my husband awake then because I'm so loud – so he says! I think I must be quite a heavy <sup>7</sup> .....

Doctor: Why's that?

Fran: Well, I usually wake up with a headache. When my alarm goes off, it's like I must've been in a really <sup>8</sup> ..... sleep and I struggle to wake up.

Doctor: Well, that doesn't sound good. What we're going to do at the clinic is ...

**B**  Choose the correct word or phrase to complete the sentences.

**1** I'm ..... – I never wake up, even if there's a thunderclap outside!

**a** a heavy sleeper    **b** an insomniac    **c** exhausted

**2** There was a noisy party last night which ..... us awake.

**a** kept    **b** overslept    **c** dropped

**3** I ..... today – I just didn't hear my alarm.

**a** kept awake    **b** overslept    **c** lied in

**4** She says she always takes a short ..... on the train after work.

**a** nap    **b** nightmare    **c** snore

**5** I rarely get a ..... – my kids are up at dawn practically every day!

**a** drop off    **b** lie-in    **c** nap

**6** My husband says that I ..... and keep him awake at night.

**a** oversleep    **b** drop off    **c** snore