

## 9.2 Sleep

### Grammar past and present habits

1 Replace *used to* with *would* in five sentences.

- When I lived on the coast, I ~~used to~~<sup>would</sup> go for long walks along the beach.
- Every year, we used to go to the same place on holiday.
- I grew up in the countryside. We used to play in the fields and woods.
- I used to be much more energetic when I was in my twenties.
- Do you remember how Grandad used to call us all silly names as a joke?
- He used to enjoy his job, but lately he's lost interest.
- When I was your age, I used to write in a diary every day.
- There used to be a school here, but now it's a housing estate.

2 Choose the correct option to complete each sentence.

- I am *used to drinking* / *used to drink* strong coffee. It doesn't have much effect on me.
- He's been here a few years, so he has *used to* / *got used to* driving on the left.
- I didn't *use to* / *used to* like spicy food, but now I love it.
- You must be *used to* / *use to* sharing if you have six brothers and sisters!
- Where did you *use to* / *be used to* live?
- It was hard when she moved because she *used to* / *was used to* living in a village.

3 Complete the article with the correct form of the words and phrases in the box. In some cases, there is more than one possibility and some words and phrases are used more than once.

be used to   get used to   used to   ~~usually~~   would



ARE YOU A  
**LARK**  
OR AN  
**OWL**  
(AND CAN YOU CHANGE YOUR TYPE?)

Do you <sup>1</sup> usually leap out of bed in the morning, eager to get started on the day? Or do you find it impossible to wake up, having, as usual, gone to bed too late the night before? I <sup>2</sup> \_\_\_\_\_ think that dividing people into Larks (early risers) and Owls (at your best in the evening) was just a kind of joke, but now it seems that there may actually be a genetic difference between these kinds of people. Scientists at the University of Surrey have identified a gene called Period 3. We all have the gene, but there are two different versions. People with the long version of the gene are Larks and those with the short version are Owls.

This could explain why some people can never <sup>3</sup> \_\_\_\_\_ getting up early, no matter how hard they try. But, in fact, only about 20% of us are strongly Owls and about 10% are strongly Larks. The rest of us can <sup>4</sup> \_\_\_\_\_ adapt our behaviour if we need to.

We also don't necessarily keep the same pattern throughout life. A few years ago, my son <sup>5</sup> \_\_\_\_\_ happily wake up at 7 a.m. and rush downstairs to watch his favourite programme. Nowadays, though, I <sup>6</sup> \_\_\_\_\_ having to almost drag him out of bed, as he has reached his teenage years and his body clock has changed. At the other end of life, many people who <sup>7</sup> \_\_\_\_\_ enjoy staying up late at night find, as they get older, that they are starting to wake up earlier and earlier.

## Vocabulary sleep patterns

4 Match 1-7 to a-g to make idioms about sleep.

- |                       |           |
|-----------------------|-----------|
| 1 get up at the crack | a awake   |
| 2 nod                 | b off     |
| 3 fast                | c asleep  |
| 4 wide                | d a wink  |
| 5 not sleep           | e asleep  |
| 6 sleep like          | f a log   |
| 7 fall                | g of dawn |

5 Complete the idioms with either *have* or *be*.

- 1 have a nap
- 2 \_\_\_\_\_ a snooze
- 3 \_\_\_\_\_ a light sleeper
- 4 \_\_\_\_\_ a lie-in
- 5 \_\_\_\_\_ fast asleep
- 6 \_\_\_\_\_ wide awake
- 7 \_\_\_\_\_ a good night's sleep

6 Complete the second sentence so that it means the same as the first, using one of the idioms in exercises 4 and 5. More than one answer may be possible.

- 1 I couldn't wake him up – he was sleeping very deeply.  
I couldn't wake him up – he was sleeping like a log.  
I couldn't wake him up – he was fast asleep.
- 2 The smallest noise wakes me up ... I don't sleep very deeply.  
The smallest noise wakes me up ...  
\_\_\_\_\_
- 3 The film was so boring, I fell asleep.  
The film was so boring,  
\_\_\_\_\_
- 4 He usually has a short sleep after lunch.  
He usually \_\_\_\_\_  
He usually \_\_\_\_\_
- 5 I didn't manage to get any sleep at all last night.  
I \_\_\_\_\_ last night.
- 6 I'm going to have an early night because I need to get up very early.  
I'm going to have an early night because I need to  
\_\_\_\_\_

7 It was the middle of the night, but he didn't feel at all sleepy.

It was the middle of the night, but he  
\_\_\_\_\_

8 It's Saturday tomorrow, so I'm not going to get up early.

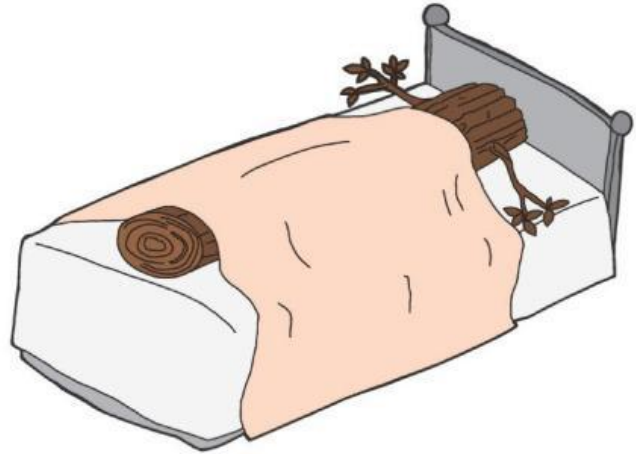
It's Saturday tomorrow, so I'm going to  
\_\_\_\_\_

## PRONUNCIATION intrusive sounds

7a Mark the links between words in the following phrases. In two cases there is an extra /j/ sound.

- 1 be fast asleep
- 2 be wide awake
- 3 fall asleep
- 4 nod off
- 5 be a light sleeper
- 6 have a lie-in

b 9.2 Listen and check your answers, then repeat.



➔ **STUDY TIP** Many idioms could be illustrated with a clear image. For example, *sleep like a log* could be illustrated with a picture of a wooden log in bed (see above). As you record idioms in your vocabulary notebook, try adding little sketches to help you remember them.

## I can ...

	Very well	Quite well	More practice
talk about past and present habits.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
talk about sleep patterns.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>