

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 ¹ lately and I don't know why! I go to bed early, but often ² 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 ³ and I'm never awake past 11 p.m.

Doctor: Do you wake during the night?

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

Doctor: And do you ⁵? I mean, has anyone ever told you that you do?

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

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 ⁸ 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