

Sleeping Well Vocabulary

Part 1: Match the vocabulary words with their definitions. Click on the word and draw a line to the definition.

1. factor	a. to stop or slow (something), to make (something) slower or more difficult
2. effective	b. very often
3. avoid	c. to become healthy after an illness or injury, to return to normal health
4. regularly	d. to stay away from (someone or something) OR to prevent the occurrence of (something bad, unpleasant, etc.)
5. recover	e. producing a result that is wanted, having an intended effect
6. interfere	f. something that helps produce or influence a result, one of the things that cause something to happen

Part 2: Say if the words are a verb, noun, adjective, or adverb. Just type noun, verb, adjective, or adverb.

1. factor
2. effective
3. avoid
4. regularly
5. recover
6. interfere