

## **Sleeping Well Vocabulary**

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

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|--------------|--|
| 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