

5 Look at the grammar box on page 10. Complete the article about sleep with the simple present form of the verbs in parentheses.

The secrets of sleep

Why ¹ do we sleep (we / sleep)?

From birth, we ² _____ (spend) a third of our lives asleep, but scientists still ³ _____ (not / know) exactly why.

Why ⁴ _____ (we / have) problems sleeping?

In modern society, many adults ⁵ _____ (not / get) the seven or eight hours' sleep they need every night. We ⁶ _____ (work) long hours, and we rarely ⁷ _____ (go) to bed at sunset.

Why ⁸ _____ (we / sleep) differently?

It ⁹ _____ (depend) on the time of year and also our age. Teenagers usually ¹⁰ _____ (need) more sleep than adults. Lots of elderly people ¹¹ _____ (not / sleep) longer than four or five hours at night, but they often ¹² _____ (take) naps during the day.

Grammar adverbs of frequency

6 Put the words in the correct order to make sentences.

1 always / in the evening. / I / exercise

2 it / in the winter. / always / colder / is

3 take / twice a day. / I / this medicine

4 they / don't / go / often / on vacation.

5 on weekends. / we / sometimes / busy / are

6 eats out / rarely / she / during the week.

7 on time / are / never / for work. / you

► SPELL CHECK simple present third person (he / she / it) verb endings

We add -s to most verbs to form the simple present third person. However, note these exceptions:

- Add -es to verbs ending in -ch, -o, -s, -ss, -sh, and -x: *watch* → *watches*
- For verbs ending in -y after a consonant, change the -y to -i and add -es: *study* → *studies*
- *have* and *be* have irregular forms.

2 Look at the spell check box. Then write the simple present third-person form of these verbs.

1 start _____ 5 live _____
2 match _____ 6 try _____
3 fly _____ 7 finish _____
4 pass _____ 8 relax _____

3 Pronunciation /s/, /z/, or /iz/

► Listen to the endings of these verbs. Write the verbs in the chart. Listen again and repeat.



goes helps realizes specializes spends stays
studies travels visits wants works

/s/	/z/	/iz/