

- 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 /ɪz/

► 01 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/	/ɪz/