

1 Read about Beatriz and Anneli. Match what they say with pictures a and b.

A Good Night's Sleep

People say it's good to sleep for eight hours every night ... but is it true? Some people sleep for only five or six hours and they feel fine in the morning. And some people sleep twice every night ...

Beatriz Romero, 32, USA

I finish work at 6:00 in the evening and I arrive home at 6:30. I read a book or phone a friend. Then I go to bed for three hours. My husband works in a restaurant and he gets home at about 12:00 at night. So I get up, and we have dinner and then we watch TV until about 3:00. Then I sleep until 7:00.

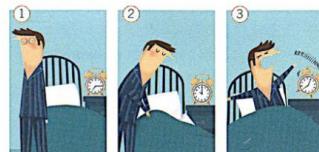
a 

Anneli Hanka, 24, Finland

I always **wake up** at about 4:00 in the morning. I don't want to sleep, so I **get up** and I do yoga. Then I **go to bed** again. Then I get up at 8:00 in the morning and I go to work. I feel fine – I never feel tired.

b 

2 Match the marked words in the text with pictures 1–3.



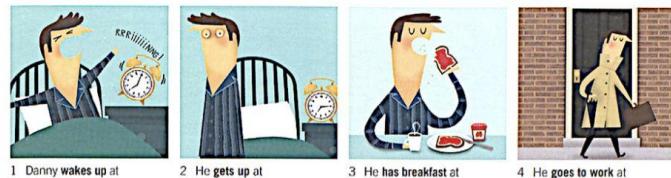
3 Complete the verbs phrases with the words in the box.

have watch go
arrive / get finish

1. to work	4. TV
2. home	5. work
3. dinner	

Read the text again to check your answers.

4  Listen to Danny's daily routine and complete the times.



1 Danny wakes up at

2 He gets up at

3 He has breakfast at

4 He goes to work at



5 He starts work at

6 He has lunch at

7 He finishes work at

8 He gets home at



9 He has dinner at

10 He goes to bed at

Add new words to your personal Quizlet.

5  Listen and repeat the verb phrases.

wake	up	have	a shower	go	to school	start	work	get	arrive	home
get		breakfast	lunch	to work	to bed	finish		leave		

have breakfast / lunch / dinner NOT have the breakfast, have a lunch

go to work NOT go to the work

go to bed NOT go in the bed

Read about Misha's daily routine. Then complete the sentences about him with words in a and b.

I sleep from 11:00 to 7:00 every night.
In the morning, I get up and have breakfast. I finish at 7:30.
It's 30 minutes by bus to go to work.
I work from 8:30 until 12:30, then I have lunch for half an hour.
Then I work for three hours until I go home.

- 1 He _____ at 7:00.
- 2 He _____ at 7:30.
- 3 He _____ at 8:00.
- 4 He _____ at 8:30.
- 5 He _____ at 12:30.
- 6 He _____ at 4:00.
- 7 He _____ at 11:00 in the evening.

Language Plus for, from ... to ... , until

8 hours

11:00 pm 7:00 am

I sleep **for** eight hours.
I sleep **from** 11:00 **to** 7:00.
I sleep **until** 7:00.

Sound and spelling Consonant groups

- 1  These words start with two consonant sounds together. Listen and practise saying them.
sleep breakfast twelve
- 2  Listen to the words in the box. Notice the two consonant sounds that are together.
play small bread fruit flat study speak
- 3  Practise saying the words.

6* Click the link. Complete the game.

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