

Directions: Read the text "A Good Night's Sleep" and then fill in the gaps in the Anneli and Beatriz's daily routine using the verbs in the green box.



to wake up, to get up (x2), to do, to go (x2), to feel.

Anneli Hanka, 24, Finland.

I always 1) _____ at about 4:00 in the morning. I don't want to sleep, so I 2) _____ and I 3) _____ yoga. Then I 4) _____ to bed again- Then I 5) _____ at 8:00 am and I 6) _____ to work. I feel fine. I never 7) _____ tired.



to have, to go, to finish, to watch, to get up, to read, to sleep, to work, to phone, to get (x2)

Beatriz Romero, 32, USA

She 1) _____ work at 6:00 in the evening and she 2) _____ home at 6:30. She 3) _____ a book or 4) _____ her friend Lily. Then she 5) _____ to bed for three hours. Her husband 6) _____ in a restaurant and he 7) _____ home at about 12:00 at night. So she 8) _____ up and they 9) _____ dinner and then they 10) _____ TV until about 3 am. Then she 11) _____ until 7 am.