RMIT Classification: Trusted

1 GRAMMAR

used to, be used to, get used to

a Circle the correct answer.

1 Before my sister had children she used to *sleep* / *sleeping* for eight hours every night.
2 When we moved to the US from Japan we weren't used to *drive* / *driving* on the right.
3 Chris got divorced last year, but he soon got used to *live* / *living* on his own.
4 I *used to* / *use to* know her, but we lost touch years ago.
5 My parents are slowly getting used to *be* / *being* retired.
6 My new job is exhausting. I'm not used to *work* / *working* so hard.
7 Did you use to *play* / *playing* a musical instrument at school?
8 When Bill was a student, he *used to* / *was used to* eat pizza every day.

b Rewrite the sentences using a form of *used to*, *get used to*, or *be used to* and a verb.

1 Stephen wasn't so assertive in the past.
Stephen *didn't use to be* so assertive.
2 Has working at night become less of a problem now?
Have you _____ at night?
3 I don't usually have breakfast so early.
I'm _____ breakfast so early.
4 Chloe wore her sister's clothes when she was a child.
Chloe _____ her sister's clothes when she was a child.

LIVEWORKSHEETS

RMIT Classification: Trusted

5 We have adapted to living in the mountains very quickly.
We have _____ in the mountains very quickly.

6 She usually takes care of people, so she will make an excellent nurse.
She is _____ people, so she will make an excellent nurse.

7 They still don't know how to use the new system – they keep making mistakes.
They haven't _____ the new system yet.

8 I couldn't sleep because I don't usually sleep on a sofa.
I couldn't sleep because I _____ on a sofa.

2 READING

a Read the article quickly. Does the couple feel the same way about Adam's sleep talking?

b Read the text again and complete it with the missing sentences. There is one extra sentence you do not need to use.

A Ironically, Adam has never eaten them in his life.

B Karen's blog, "Sleep Talkin' Man," has become an Internet hit in more than 50 countries.

C Instead of investing in earplugs, she records her husband's comments.

D He went there once as a child, but he doesn't remember it.

E He thinks that his sleep-talking might be some sort of therapeutic process, because he always wakes up fully refreshed and relaxed.

F Karen says that Adam doesn't talk every night, but when he does, it happens every 30 seconds or few minutes.

LIVEWORKSHEETS

RMIT Classification: Trusted

Reading: How to deal with a sleep-talking husband

Most women would find it infuriating to be woken up night after night by their husband talking in his sleep. But one woman has found an interesting way of dealing with the problem. 1____ And then she posts them on the Internet.

Thirty-six-year-old Karen Slavick Lennard is a web-products manager, and she's married to Adam, an advertising account director, also thirty-six. They live together in southwestern London. Karen first entered Adam's lines onto her laptop by hand, but now she uses a voice-activated recorder. "I find every single thing Adam says hilarious," she says, "I cannot believe what he comes out with, and neither can he. We laugh like crazy every morning." 2____ Then he suddenly stops.

Adam talks about everything and anything in his sleep; from vampire penguins to zombie guinea pigs. Examples of the things he has said in a typical week include, from Tuesday night: "Pork chops are the most satisfying. Mmmmmmm. Dangle them from the ceiling." 3____ And then on Sunday at 5 a.m., he mumbled:

"Your mom's at the door. Bury me deep. Bury me deep." Another of his most memorable comments is: "Shhhhhh. Shhhhhh. I'm telling you: your voice, my ears. A bad combination."

Adam was shocked when he first heard the strange statements recorded by his wife. "I have no recollection of the absurd things I say," he explains. "They are not things that I would ever say or that any normal person would ever say." At first, Adam was put out by the recordings and he refused to listen to them, but later he realized that they were fun. "It was just my subconscious fully uninhibited and without restraint," he says. 4____ And both he and his wife look forward to listening to the tapes in the morning.

In fact, Karen and Adam are not the only ones who find Adam's outbursts entertaining. 5____ The couple has now started selling T-shirts and bags printed with Adam's comments on the site. The most popular among them are products featuring this one: "Don't leave the duck there. It's totally irresponsible."

LIVEWORKSHEETS

RMIT Classification: Trusted

c Look at the highlighted words and phrases in the text and try to figure out their meaning. Then match them to definitions 1–10.

1 sudden expressions of strong feeling _____
2 made upset _____
3 said quietly without opening the mouth properly _____
4 put a dead body in the ground _____
5 says something unexpectedly _____
6 hang freely _____
7 taking action to solve _____
8 behaving in a wild way, without any control _____
9 the ability to remember _____
10 completely ridiculous _____

3 VOCABULARY sleep



LIVEWORKSHEETS

RMIT Classification: Trusted

a Complete the sentences with a word connected to sleep.

1 We were cold in bed, so we opened the closet to look for a bl*anket*.
2 I never ov_____ because I always set my alarm clock before I go to bed.
3 She has to wear earplugs at night because her husband sn_____.
4 I was feeling sl_____, so I went to bed.
5 My grandmother takes sl_____ p_____ to help her to sleep.
6 It's impossible to wake Matt up. He sleeps like a l_____.
7 Alex never drinks coffee after dinner because it k_____ him a_____.
8 I was so tired that I fell asleep as soon as my head hit the p_____.

b Match the words in the box to the definitions.

~~comforter~~	fast asleep	insomnia	jet-lagged
nap	nightmare	set	yawn

1 a thick cover that you sleep under *comforter*
2 a short sleep during the day _____
3 the condition of being unable to sleep _____
4 you do this to an alarm _____ (it)
5 a very bad dream _____
6 you feel like this when you fly, for example, from New York to London _____
7 you sometimes do this when you're tired or bored _____
8 you're in this state when you're unlikely to wake up soon _____

LIVEWORKSHEETS

RMIT Classification: Trusted

5 LISTENING



a iChecker Listen to a radio program about how diet affects sleep and choose the best answer.

The dietician gives advice about…in order to sleep well.

A what we should eat and drink

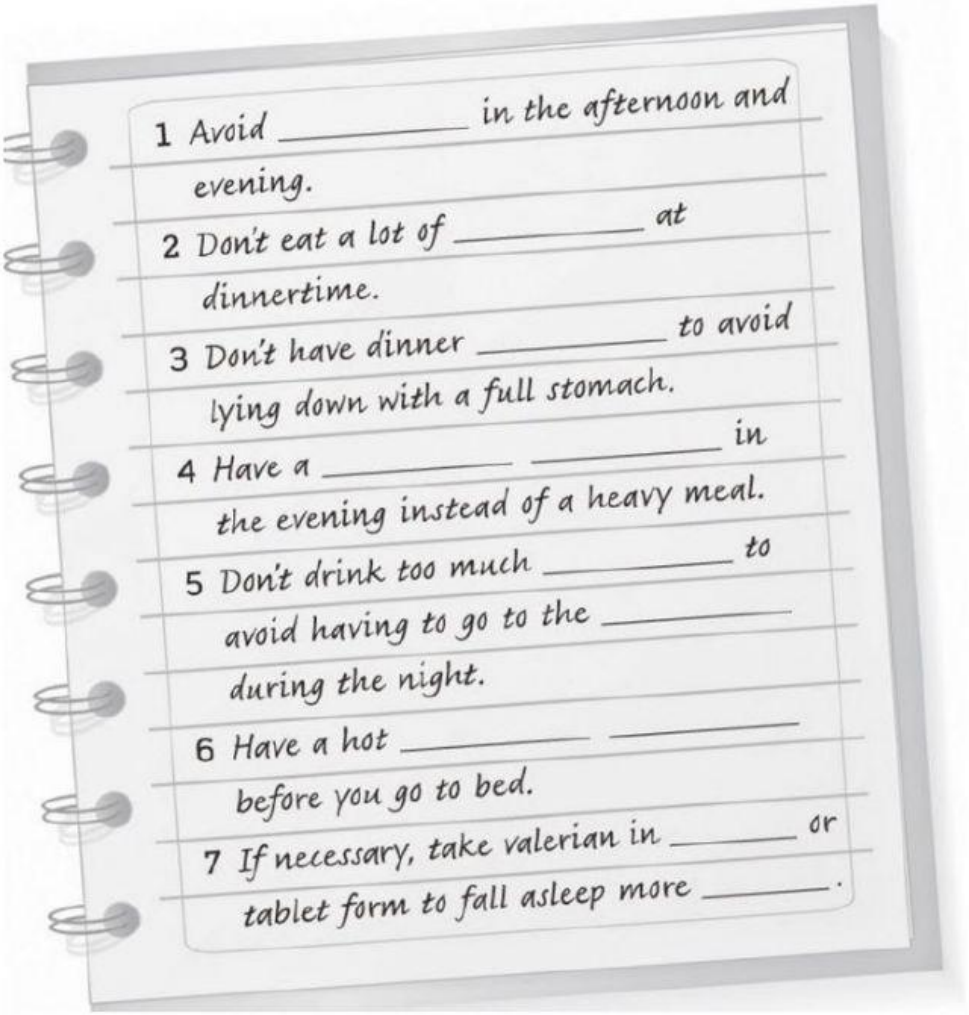
B what we shouldn't eat and drink

C what we should and shouldn't eat and drink

LIVEWORKSHEETS

RMIT Classification: Trusted

b Listen again and complete the notes.



LIVEWORKSHEETS