

Isn't sleep a waste of \_\_\_\_\_? I think so. What could we do instead of sleeping? I know what I could \_\_\_\_\_. I could read more \_\_\_\_\_, write more e-mails and watch more \_\_\_\_\_. My mind would be full of knowledge and my \_\_\_\_\_ would be happier. I could also do more \_\_\_\_\_ and get fitter. I hate feeling tired but I wish my body and \_\_\_\_\_ didn't need to sleep. It would be great if there was a \_\_\_\_\_ we could take instead of sleeping. I actually find it difficult to fall asleep. I wait for ages before I become tired. I'm a very light \_\_\_\_\_. I wake up at the smallest \_\_\_\_\_. Not like some of my friends. They can sleep anywhere and it only takes them 30 seconds to fall asleep. They're gone as soon as their head hits the pillow.

