

UNIT 11 C

VOCABULARY: SLEEP

11.11 Match sentences 1–5 with pictures a–e. Listen and check.

- 1 The lesson was so boring that I began to **yawn**. _____
- 2 At 11:30 last night, my son **sleepwalked** downstairs and came into the kitchen! _____
- 3 My mother **snores** really loudly, and it **keeps** my father **awake** most nights. _____
- 4 The dog lay down in front of the fire and **fell asleep**. _____
- 5 Alfred texted his boss to apologize when he realized he'd **overslept** again. _____



11.12 Read the text and match the words in **bold** 1–6 with definitions a–f. Listen and check.

Feeling ¹**sleepy** at work is a common occurrence. According to a recent study, of the Americans who sleep an average of six hours a night, 45% say they feel very tired at least three times a week. When you're ²**sleep-deprived**, it can be difficult to concentrate and get things done at work. Unfortunately, most people can't ³**take a nap** at the office, so when they feel like they're starting to ⁴**doze off** at work, they drink coffee to help them ⁵**stay awake**. However, most of the people taking part in the survey say they ⁶**sleep in** on Saturday and Sunday mornings.

- a not to fall asleep _____
- b fall asleep lightly _____
- c sleep for a short time during the day _____

- d sleep longer than usual on purpose _____
- e not getting enough sleep _____
- f ready to fall asleep _____