

## Vocabulary

## Sleep

### 1 Match the sentence halves

- 1 I had a really sleepless \_\_\_\_

2 I couldn't stop \_\_\_\_

3 Sami was so tired. He was out \_\_\_\_

4 My dad always nods \_\_\_\_

5 My husband's a real night \_\_\_\_

6 It's Saturday tomorrow. I'm having \_\_\_\_

7 I often have a little \_\_\_\_

8 I've never been much of an early \_\_\_\_

a like a light by 7 p.m.

b yawning all day. I was so tired.

c nap in the afternoon.

d off in front of the TV.

e riser until now.

f a lie-in until at least 10 p.m.

g night last night.

h owl. He doesn't go to bed until 2 a.m.

## 2 Complete the article using the prompts in the box.

be / early riser   be / night owl   have / nap  
have / sleepless / night   nod   out / like / light  
suffer / a kind of jetlag   yawn

## Is sleep a public health issue?

Scientists have warned that our lack of sleep is so serious, it could be a public health crisis. Research shows that adults who miss out on sleep can feel more anxious, while young children who miss out on <sup>1</sup> for an hour in the afternoon have poorer memories.

Unfortunately, it seems as though more and more of us are 2 ..... This lack of sleep is due to longer working hours, increased levels of stress and the light emitted from technology. The result is that the next day, we can't stop 3 ..... and feel as if we could 4 ..... at any time.

There is also the question of whether society should be more flexible when it comes to our working day. At the moment, it suits people who<sup>5</sup> \_\_\_\_\_, because they're<sup>6</sup> \_\_\_\_\_ by 10 p.m. However, those people who<sup>7</sup> \_\_\_\_\_ \_\_\_\_\_ find it hard to be productive so early in the morning. When they have to get up with such little sleep, they can even<sup>8</sup> \_\_\_\_\_ despite not travelling anywhere.

## Grammar

## Auxiliary verbs

### 3 Choose the correct alternatives.

- 1 A: You must be exhausted.  
B: I *must/am*. I can't wait to get home.
  - 2 A: Isn't Matt picking you up?  
B: He *is/will*. He'll be here in a few minutes.
  - 3 A: You should have called and asked me to help.  
B: I *did/should*, but you didn't answer.
  - 4 A: Is Zadie coming round later?  
B: She probably *might/will*. It depends when she finishes.
  - 5 A: I can't get this app to work.  
B: Neither *can/can't* I. It's driving me mad!
  - 6 A: Do you see James much?  
B: I *could/used to* when he lived nearby, but not now.

#### 4 Complete the conversations with phrases a-f.



## 5 Complete each sentence with an auxiliary verb.

You looked tired today.

I <sup>1</sup> \_\_\_\_\_, but I had a nap and I'm OK now.

You should've gone to bed earlier.

I<sup>2</sup> \_\_\_\_\_, but I got woken up by my neighbours shouting at each other at 4 a.m. Are you going out later?

I<sup>3</sup> \_\_\_\_\_, but not until 9 p.m. I'm meeting Jak for dinner. You wanna come?

| 4 \_\_\_\_\_ if | 5 \_\_\_\_\_, but I've got a hot date with a law book. I've got an exam tomorrow.

OK, no problem. I'm sure you'll do great.

16 \_\_\_\_\_ ! I don't feel confident at all.

Is that your last exam?

I wish it ..... but I've got one more next week. Then I can relax.