

## 4 VOCABULARY sleep

a Read some facts about sleep. Which did you find the most surprising? Were there any facts you already knew?

### FASCINATING FACTS ABOUT SLEEP

Studies have shown that male students **yawn** longer and more often than female students.



Many people have a **nap** after lunch. The so-called 'post-lunch dip' is because we naturally feel **sleepy** at two times of day: 2.00 a.m. and 2.00 p.m.



People who **snore** can make a noise as loud as 100 decibels, equivalent to a pneumatic drill.



Covering yourself with heavy **blankets** can help you relax and get a better night's sleep. The pressure on the body produces serotonin, a chemical that helps with sleep, mood, and digestion.



People often change their **sheets**, but up to one third of the weight of a **pillow** can be made up of dead skin and bugs. And if you don't wash a **duvet** at least every six months, it can contain up to 20,000 live dust mites.



Scientists have produced flies which have **insomnia**. They lose their balance more often, are slower learners, and gain more fat – the same as humans who don't get enough sleep.



If you have taken **sleeping pills**, you aren't actually asleep, you're sedated. Some researchers think that this can cause memory problems.

b Look at the **bold** words in a. In pairs, work out their meaning from the context.

c Now look at some words and phrases about sleeping habits. With a partner, say what you think they mean.

**be a light sleeper** **fall asleep**  
**be fast asleep** **have nightmares**  
**keep you awake** **oversleep**  
**set the alarm** **sleep like a log** **sleepwalk**

d Work in pairs. Do the Vocabulary race.

When your teacher says 'go', write the correct word or phrase from a-c in the column on the right. As soon as you finish, put your hand up.

1 Most people start feeling **sleepy** at around 11.00 p.m.

sleepy

2 When people are tired they often open their mouth and **snore**.

snore

3 When they get into bed, they put their head on the **pillow**.

pillow

4 In bed, many people sleep under a **duvet** filled with feathers or synthetic material.

duvet

5 Other people prefer to sleep under **blankets** and **pillows**.

blankets pillows

6 Some people can't sleep because they suffer from **insomnia**.

insomnia

7 People sometimes have to take **sleeping pills** to help them go to sleep.

sleeping pills

8 Some people who are asleep make a loud noise when they breathe, i.e. they **snore**.

snore

9 In hot countries, it's common to have a short **nap** in the afternoon.

nap

10 A person who sleeps well '**sleeps like a log**'.

sleeps like a log

11 Someone who doesn't sleep very deeply is a **light sleeper**.

light sleeper

12 Some children **oversleep** if they watch scary films before bedtime.

oversleep

13 If you drink coffee in the evening, it may **keep you awake**.

keep you awake

14 In the middle of the night, most people are **fast asleep**.

fast asleep

15 As many as 15% of people **oversleep** during the night, getting out of bed and even getting dressed or eating.

oversleep

16 When people need to get up early, they often **set the alarm** (clock).

set the alarm

17 If you don't hear your alarm, you might **oversleep**.

oversleep

18 According to one study, 4.7% of Americans **sleepwalk** while driving.

sleepwalk

e 6.8 Listen and check. Did the pair who finished first also get the most correct answers?