

**Smart C.P**  
**ODINSA - B2**  
**Fourth assessment**

**A. Use the words from the box to complete each dialogue. Make changes to the verbs if necessary.**

calm down - doze off - turn in - race off - burn out - sleep over - perk up
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1.

A: I feel like I've been working nonstop for weeks.

B: You need to take a break or you'll \_\_\_\_\_.

2.

A: Ugh, everything's going wrong today!

B: Hey, take a deep breath and try to \_\_\_\_\_.

3.

A: I don't remember the end of the movie last night.

B: That's because you \_\_\_\_\_ on the couch!

4.

A: I was exhausted this morning, but then I had a coffee.

B: Oh, that explains why you suddenly \_\_\_\_\_.

5.

A: It's already 6:55! The meeting starts in 5 minutes!

B: Let's \_\_\_\_\_ or we'll be late!

6.

A: I'm too tired to go home now.

B: Why don't you just \_\_\_\_\_ at my place?

7.

A: I have an early day tomorrow.

B: Then you should probably \_\_\_\_\_ soon.

**B. Choose the correct answer in each case.**

1. I was exhausted but couldn't stop moving in bed. I kept (tossing and turning / sleeping like a log).
2. He was still (drifting off / wide awake) at 3 a.m. after three cups of coffee.
3. I tried to focus on the presentation, but I started to (nod off / sleep like a log) halfway through.
4. She went to bed at 10 and didn't wake up until 9 the next morning. She (tossed and turned / slept like a log).
5. I couldn't sleep at all before the big meeting. I (had a sleepless night / took a power nap).
6. I usually (feel drowsy / drift off) while reading in bed — it helps me fall asleep.
7. He was (fast asleep / wide awake) when the phone rang, so he didn't answer.
8. I always (take a power nap / toss and turn) after lunch to recharge for the afternoon.
9. I went to bed early, but I was still (wide awake / feeling drowsy) two hours later.
10. She was so tired that she (drifted off / had a sleepless night) during the yoga relaxation exercise.

**C. Read the following text and answer the questions.**

**Making adjustments**

I've been trying to improve my sleep routine, even if I still struggle to fall asleep some nights. I set two alarms every morning, just in case I hit snooze without realizing. Considering that I've been feeling more fatigued lately, I've also started limiting my screen time before bed and avoiding caffeine after 2 p.m.

On weekends, I let myself sleep in as long as I don't have anything urgent planned. I usually avoid naps unless I had a particularly rough night. And I'll only drink an espresso in the afternoon if I'm really struggling to stay awake. It's not easy sticking to a routine, but I've noticed it makes a difference—even if the results aren't immediate.

1. Why does the speaker set two alarms in the morning?

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2. What lifestyle change has the speaker made to reduce fatigue?

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3. What condition must be met for the speaker to sleep in on weekends?

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4. Under what circumstances does the speaker take naps?

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5. When does the speaker allow themselves to drink an espresso in the afternoon?

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6. What two specific habits does the speaker mention changing to improve sleep?

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7. How does the speaker feel about the effectiveness of their new sleep routine?

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