1 A Complete the conversation with the words in the box.

deep	dropping off	exhausted	keep
nightmare	oversleep	sleeper	snore

Doctor: Thanks for coming to the sleep clinic. I'd like to ask you a few questions before we run some tests.

Fran: Sure. I've just been so [1] ..... lately and I don't know why! I go to bed early, but often [2] ..... and end up being late for work.

Doctor: What time do you usually go to bed?

Fran: About ten o'clock. I don't have any problems [3] ..... and I'm never awake past 11 p.m.

Doctor: Do you wake during the night?

Fran: Only if I'm having a [4] ..... But I usually go back to sleep again once I'm calmer.

Doctor: And do you [5] ..... ? I mean, has anyone ever told you that you do?

Fran: Sometimes – if I've gone to bed *really* tired. I [6] ..... my husband awake then because I'm so loud – so he says! I think I must be quite a heavy [7] ..... .

Doctor: Why's that?

Fran: Well, I usually wake up with a headache. When my alarm goes off, it's like I must've been in a really [8] ..... sleep and I struggle to wake up.

Doctor: Well, that doesn't sound good. What we're going to do at the clinic is ...

B Choose the correct word or phrase to complete the sentences.

1 I'm ..... – I never wake up, even if there's a thunderclap outside!
   a a heavy sleeper **b** an insomniac **c** exhausted

2 There was a noisy party last night which ..... us awake.
   a kept **b** overslept **c** dropped

3 I ..... today – I just didn't hear my alarm.
   a kept awake **b** overslept **c** lied in

4 She says she always takes a short ..... on the train after work.
   a nap **b** nightmare **c** snore

5 I rarely get a ..... – my kids are up at dawn practically every day!
   a drop off **b** lie-in **c** nap

6 My husband says that I ..... and keep him awake at night.
   a oversleep **b** snoring **c** sleeper

LIVEWORKSHEETS