



# SLEEPING HABITS

How many hours do you sleep?

What time do you wake up/get up?

Do you think you sleep enough?

# Sleeping positions: what's yours?



1 Sleeping on stomach  
"closed off"



2 Sleeping on back  
"confident"



3 Foetal position  
"insecure"



4 Sleeping on side  
"balanced"



5 Multiple sleeping positions  
"inner turmoil"

What  
do  
you  
think?

## DISCUSS.

- 1 When you were a young child, did you use to...?
  - share a room with a brother or sister
  - sleep with the light on
  - wake up very early in the morning
- 2 Do you ever have problems sleeping when you're staying somewhere new or different that you aren't used to (e.g. in a hotel)?
- 3 Do you think you would find it difficult to get used to...?
  - always going to bed after midnight
  - getting up at 5.30 a.m. every day
  - travelling long-haul very often

# VOCABULARY

be a light sleeper    fall asleep

be fast asleep    have nightmares

keep you awake    oversleep

set the alarm    sleep like a log    sleepwalk

What do you think they mean?

Facts about sleep. Write TRUE or FALSE.

1 Male students yawn longer.

2 Light blankets can help you relax more than heavy ones.

3 We feel sleepy at three times a day.

4 Sleeping pills can cause memory problems.

# 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.

Read  
and  
check!

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.



**Read  
and  
check!**

## Complete.

- 1 Most people start feeling  at around 11.00 p.m.
- 2 When people are tired they often open their mouth and .
- 3 When they get into bed, they put their head on the .
- 4 In bed, many people sleep under a  filled with feathers or synthetic material.
- 5 Other people prefer to sleep under  and .
- 6 Some people can't sleep because they suffer from .



## Complete.

- 7 People sometimes have to take  to help them go to sleep.
- 8 Some people who are asleep make a loud noise when they breathe, i.e. they .
- 9 In hot countries, it's common to have a short  in the afternoon.
- 10 A person who sleeps well ''.
- 11 Someone who doesn't sleep very deeply is a .
- 12 Some children  if they watch scary films before bedtime.

