

Worksheet

Unit 3 (Go to sleep)

Name..... Class..... No.....

KEY VOCABULARY

Do you know these words? Match the words with the meanings.

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|-------------------------|--|
| _____ 1. let's say | a. begin to sleep |
| _____ 2. normal | b. a person who is 20 or 21 years old or older |
| _____ 3. an average | c. a person who is first to get an idea for something |
| _____ 4. a teenager | d. what you get when you add three numbers and divide the total by three |
| _____ 5. an adult | e. suppose; imagine; for example |
| _____ 6. to fall asleep | f. a person between 13 and 19 years old |
| _____ 7. awake | g. usual, ordinary |
| _____ 8. an inventor | h. not asleep |

A Complete these sentences with the words in the box.

adult	awake	inventor	normal
average	fall asleep	let's say	teenager

1. After the age of 50, people sleep a(n) _____ of 6.5 hours a night.
2. _____ you don't sleep one day. How would you feel the next day?
3. Some people cannot _____. They call this problem *insomnia*.
4. A(n) _____ needs an average of 7 to 8 hours of sleep every day.
5. Benjamin Franklin was a(n) _____.
6. A(n) _____ needs 9 to 10 hours of sleep every day.
7. When you don't sleep one night, it takes weeks for your body to go back to _____.
8. When you don't sleep for a few hours at night, you think you were _____ all night.