

Lessons 9–10 **Sleep**

3 Choose the correct words to complete the collocations.

- 1** Adel was so tired he fell **sleep** / **asleep** immediately.
- 2** Mira had a **light** / **deep** sleep and didn't wake up all night.
- 3** We can experience about five or six sleep **REMs** / **cycles** in one night.
- 4** Grandpa was tired, so he had a **deep** / **little** sleep for 10 minutes after lunch.
- 5** Nabeel doesn't wake up easily because he's a **heavy** / **light** sleeper.
- 6** Grandma has insomnia. It's a sleeping **cycle** / **disorder**.

Language tip

Collocations are two or more words that are usually used together. They can be adjective + noun, noun + noun, verb + preposition (usually called *phrasal verbs*):

*I'm not a **light sleeper**.*

*Grandpa doesn't have a **sleep disorder**.*

*Don't **fall asleep** during class.*