

# 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.*

**LIVEWORKSHEETS**