9.2 VOCABULARY

DISCUSSING (LACK OF) SLEEP



A **Rewrite the questions by replacing the underlined words with a phrasal verb from the box. Change the verb forms as needed.**

add up	build up
cut back on	cut out
drift off	drive (somebody to)
fit (something into)	keep (somebody up)
pack (something into)	rack up
slip away	wind down

1 How do you gradually relax after a long day doing work?

2 Do you usually schedule a lot of activities into your day?

3 Have you ever removed something from your diet to improve your health?

4 What can increase gradually in your body and eventually affect your health?

5 What are some things that prevent you from falling asleep at night?

6 What do doctors usually tell people to reduce in their diet to become healthier?

7 What are some activities that keep you healthy that you find time for during your day?

8 How many hours of work did you put in during your last shift?

9 What benefits of exercise gradually increase over time?

10 What activities make you gradually go to sleep?

11 What activities do you do that make time pass by?

12 What motivates people to make healthier lifestyle choices?

B **Ask and answer five to seven questions in exercise A with a partner. Use your own information in your answers.**

LIVEWORKSHEETS