

IT'S A NIGHTMARE

Lesson preparation

1. R2.6 Listen and choose the correct answers:



- Tiredness causes *more/less* _____ than 50% of all road accidents in the USA.
- 10%/30%* _____ of people in the UK have problems getting to sleep or staying asleep.
- Nowadays people are sleeping *half an hour/one and a half hours* _____ less than they did 100 years ago.
- Teenagers need *more/less* _____ sleep than adults.
- We use *less/the same amount* _____ of energy when we are asleep compared to when we are resting.
- A thirty-minute nap at work can improve people's performance for *an hour/a few hours* _____.

2. Match the gradable adjectives to the strong adjectives.

gradable adjectives	strong adjectives	
tired	exhausted ;	impossible
bad	;	terrible
good		amazed
big		shattered
difficult		huge
frightened		fantastic
surprised		terrified
tasty		delicious
		awful

gradable adjectives	strong adjectives	
small		filthy
cold		furious
hot		delighted
beautiful		fascinated
big		gorgeous
angry		boiling
happy		tiny
dirty		enormous
		freezing