

SLEEPING BEAUTY

LISTENING



Open your books on p. 58 and look at activity 1.

Think about this question: Do you have sleeping problems? Why? Why not?

You are going to listen to three people who have problems sleeping at night. Listen and complete the information in the chart:

	Speaker 1	Speaker 2	Speaker 3
Problem			
Cause			

READING - Living your dreams



On p. 59 you have the text *Living your dreams*

Read the text and write T or F:

1. When we have a 'lucid' dream we know that we're dreaming. ____
2. In a 'lucid' dream the person who is dreaming can never change what is happening. ____
3. Gamers may be able to control their dreams because their dream are similar to computer games. ____
4. The reason we have nightmares may be to prepare us for certain dangerous situations. ____
5. Video gamers have more nightmares than non-gamers because they don't xperience dangerous life-threatening situations. ____
6. Video gamers are braver in their dreams than non-gamers. ____

VOCABULARY QUIZ

Let's see if you can remember some of the words and phrases from the articles you have read or heard.



1. A medical condition, often an unusual one: a _____
2. An adjective meaning staying faithful to somebody and supporting them:

3. An adjective often used with sleep. A person who is in a ... sleep is difficult to wake: _____
4. A hundred years, e.g. from 1900 to 2000: a _____
5. The time in the evening when it becomes dark: _____
6. The verb meaning to speak to God: _____
7. The word for a person who plays a lot of video games: a video _____
8. An adjective meaning clear, especially after a period of confusion:

9. To change position so as to face the other way: _____