

A. Match the idioms with their meaning.

- B** 1) to go to sleep
 2) to sleep like a log
 3) to sleep with one eye open
 4) to sleep over
 5) to sleep tight

- A** To sleep very lightly, aware of what is happening around.
B To fall asleep.
C To spend the night at a friend's place.
D To sleep very soundly.
E To sleep well.

B. Use the phrases from part A to complete the sentences.

- 1) I went to sleep almost as soon as I climbed into bed.
- 2) I slept like _____ until morning.
- 3) The guard was sleeping with _____, watching everything that went on.
- 4) Katie was asked to _____ with Jenny.
- 5) «Goodnight, then. Sleep _____ .»

B. Complete the text with the words from the box.

health fresh sleep ~~sleepy~~ rest time

Does it ever happen to you that you try to study late in the evening when you are really sleepy? You should know that it can bring ineffective results and cause _____ problems.

If you need to sleep you have to _____. Never make yourself study if you cannot do it with productivity. You'd better have a good night _____ and return to your textbooks in the morning, feeling _____ and breezy. Otherwise, you will most likely waste your _____.