

SLEEP and DREAMS

Questions: What time do you usually go to bed? Do you get enough sleep?

Complete the 15 sentences with the words.

alarm clock	get up	nightmare	take a nap
asleep	go to bed	night owl	wake up
bedtime	insomnia	oversleep	yawn
fall asleep	early bird	like a log	

1. I love to stay up very late and watch TV or surf the Net. All my friends call me a _____.
2. When I worry too much about my school grades, I have _____. I can't sleep very well.
3. My _____ is really very loud. It wakes me up, and it also wakes my neighbors up!
4. I often sleep _____.
5. Watching scary movies gives me _____s.
6. Yes, he is _____. I can hear him snoring.
7. My classmate is a _____. He loves to get up at 6:00 every morning and exercise before class.
8. In many countries, it's common to sleep for a short time in the afternoon. Do you ever _____?
9. When I feel sleepy, I open my mouth very wide and I _____.
10. I always go to bed at 10:30 pm, but our son is only four years old, so his _____ is at 8:30.
11. I have to get up at 7:00 tomorrow morning. I hope I don't _____ and get up at 7:30.
12. Getting enough sleep is very important. I usually go to bed at 10 pm and I _____ at 6 am.
13. I wake up at 6 am, but I don't _____ right away. I like to stay in bed for five or ten minutes.
14. It's 11 pm. It's time to _____. It's bedtime
15. After I go to bed, I like to read a book for a while before I _____.