

Task #1. Match the phrasal verbs to their definitions.

add up	cut out	fit smth into	rack up
build up	drift off	keep smbd up	slip away
cut back on	drive smbd to	pack smth into	wind down

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

1. eliminate
2. go away unnoticed
3. slowly relax
4. accumulate
5. increase over time
6. reduce the amount
7. gently fall asleep
8. make time for an activity
9. obtain or achieve to reach a target
10. stop someone from going to sleep
11. motivate someone to do something
12. do a lot of things in a limited amount of time

Task #2. Complete the paragraph with phrasal verbs.

There's no doubt that (1) on screen time before bed and (2) caffeine in the afternoon can help you get to sleep quicker, but there's another problem. We (3) so much our schedules during the week that no matter how hard we try, we just can't (4) the recommended number of hours of sleep. Work commitments (5) us late at night. Family commitments get us up extra early in the morning. Slowly but surely, sleep deprivation (6) until we're barely functioning by Friday.

But there's good news! Some research shows that by sleeping late on the weekend, we can actually make up for all those lost hours. Don't set your alarm clock Saturday morning - let yourself (7) and take it easy. Feel the tension and tiredness (8) All that extra sleep will (9) to give you a cheerful Monday morning!