

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

add up

build up

cut back on

cut out

drift off

drive smbd to

fit smth into

keep smbd up

pack smth into

rack up

slip away

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!