31 Sleep

A Before, during and after sleep


1


2


3


4

BEFORE: You might be **exhausted** after a busy day, perhaps feel **sleepy**, start **yawning**[1] and decide it's time for bed. You might wear **pyjamas**[2] or, if you're a woman, possibly a **nightdress/nightie**[3] (*inf*). When you get into bed, you might **set the alarm**[4]. Soon, if you're lucky, you will **fall asleep**.

DURING: When you're asleep, you have dreams and possibly **nightmares**. Some people **snore**. At this point they're **fast asleep**.

AFTER: 7.00am.The alarm **goes off**. It might wake you up, or you might be **wide awake** already. People without an alarm might **oversleep**, others might decide to **have a lie-in**.

GLOSSARY

exhausted	very tired, either physically or mentally SYN **worn out**
sleepy	tired and ready to go to sleep
fall asleep	start sleeping SYN **go to sleep/get to sleep**; **get back to sleep** sleep again after you have woken up
nightmare	a bad or frightening dream
snore	breathe noisily while you are asleep
fast asleep	sleeping deeply SYN **in a deep sleep** OPP **wide awake**
go off	(of an alarm) ring or make a noise
oversleep	sleep longer than you should or want
have a lie-in	stay in bed later than usual

SPOTLIGHT *sleep*

There are a number of words and phrases derived from ***sleep***:
A **heavy sleeper** sleeps well. A **light sleeper** wakes easily.
A **sleeper** can also be a night train with beds for passengers.
A **sleeping bag** is a large bag you sleep in when you are camping.
A **sleeping pill/tablet** is a medicine you take to help you sleep.

1 Cover the glossary and spotlight. What words or phrases are being defined?

1 very tired, physically or mentally _____
2 clothes some women wear in bed _____
3 medicine to help you sleep _____
4 sleep longer than you want to _____
5 a bad dream _____
6 stay in bed later than usual _____
7 a night train with beds for passengers _____
8 open your mouth wide because you are tired _____
9 You sleep in this in a tent. _____
10 breathe noisily while asleep _____

2 Replace the underlined word(s) with words or phrases that keep the same meaning.

I was <u>really tired</u>, so I went to bed quite early last night. I <u>got to sleep</u> without a problem and very soon I was <u>in a deep sleep</u>. Unfortunately, in the middle of the night, I had a <u>bad dream</u>, which woke me up. After that, I was awake for ages and didn't <u>fall asleep again</u> until about half past four, so when the alarm <u>rang</u> just after seven, I didn't hear it and I <u>carried on sleeping</u>. When I finally woke up, I still felt a bit <u>tired</u>.

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____

3 Complete the questions?

ABOUT YOU

1 Are you a _____ sleeper or a _____ sleeper?
2 Do you normally wear _____ in bed?
3 Do you normally set an _____ when you go to bed?
4 Do you usually feel _____ awake as soon as you wake up?
5 Do you often have a _____ at the weekend?
6 Do other people ever tell you that you _____ when you're asleep?
7 Have you ever taken sleeping _____ ?
8 Do you own or ever use a sleeping _____ ?

4 ABOUT YOU **Write your own answers to the questions in Exercise 3, or talk to another student.**

TEST YOURSELF

LIVEWORKSHEETS

B Sleep habits

Antonio
I **sleep like a log** wherever I am.

Ella
If I eat late, it **disturbs** my sleep and I often **have a restless night**.

Hiroko
I work late and get up early so that **restricts** my sleep to about five hours.

Raul
Lack of sleep makes me really **irritable**.

Suzanna
I sleep well **as long as** I **establish** a good routine and **stick to** it.

Carla
I'm **sensitive** to light and need to sleep **in total darkness**.

Nick
I **suffer from insomnia**, so I never get much sleep.

Agnieszka
During the day, I often **have a nap**.

Omar
When there are things **on my mind** – like exams – I sleep badly.

GLOSSARY

sleep like a log	sleep very well OPP **have a restless night**	**sensitive (to sth)**	easily affected by sth which may cause pain or upset
disturb	stop sb doing sth, e.g. working, sleeping or thinking	**darkness**	the state of being dark: ***in total darkness***
restrict	put a limit on sb/sth	**insomnia**	If you suffer from **insomnia**, you are often unable to sleep.
irritable	becoming angry easily	**have a nap**	have a short sleep, e.g. for half an hour
as long as	on condition that SYN **provided that**	**on my mind**	If sth is **on your mind**, you're thinking or worrying about it.
establish	start or create sth such as a system, organization, etc.		
stick to sth *inf*	continue with sth and not change to anything else		

5 **The pronunciation of the letter 'i' is the same as in *bit* in most of these examples. Which two are different? Use the APP to help you.**

disturb restrict irritable establish stick sensitive provided insomnia

6 **The pronunciation of the letter 's' is the same as in *sit* in most of these examples. Which two are different? Use the APP to help you.**

sleep disturb restless establish as long as stick darkness insomnia

7 **Combine words in the box to form six phrases.**

have	sleep	insomnia	have a restless	a nap	in total
night	suffer from	like a log	my mind	darkness	have something on

.....

.....

8 **Complete the sentences with a word or phrase.**

1 I get very ..... if I don't sleep well.
2 I sleep well ..... I'm in my own bed. I don't sleep well in strange beds.
3 After a relaxing bath and a hot drink, I always sleep ..... .
4 Try to go to bed at the same time every night. Have a routine and ..... to it.
5 I had too much to eat and drink last night, and I had a very ..... night.
6 I didn't sleep well last night because I've got a lot of things on ..... .
7 Most experts say that you need to ..... a bedtime routine to sleep well.
8 I've been staying up late to revise for exams and that has ..... the amount of sleep I get.
9 If I'm ..... during the night, I find it difficult to get back to sleep.

9 ABOUT YOU **Read the statements at the top of the page again. Are they true for you? Write your answers under each statement, or ask another student.**

TEST YOURSELF

LIVEWORKSHEETS