

## 31 ) Sleep

## A Before, during and after sleep



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

<b>exhausted</b>	very tired, either physically or mentally <b>SYN worn out</b>
<b>sleepy</b>	tired and ready to go to sleep
<b>fall asleep</b>	start sleeping <b>SYN go to sleep/get to sleep; get back to sleep</b> sleep again after you have woken up
<b>nightmare</b>	a bad or frightening dream
<b>snore</b>	breathe noisily while you are asleep
<b>fast asleep</b>	sleeping deeply <b>SYN in a deep sleep</b> <b>OPP wide awake</b>
<b>go off</b>	(of an alarm) ring or make a noise
<b>oversleep</b>	sleep longer than you should or want
<b>have a lie-in</b>	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 .....	6 stay in bed later than usual .....
2 clothes some women wear in bed .....	7 a night train with beds for passengers .....
3 medicine to help you sleep .....	8 open your mouth wide because you are tired .....
4 sleep longer than you want to .....	9 You sleep in this in a tent. ....
5 a bad dream .....	10 breathe noisily while asleep .....

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

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

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_

### 3 Complete the questions?

- 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 ..... ?

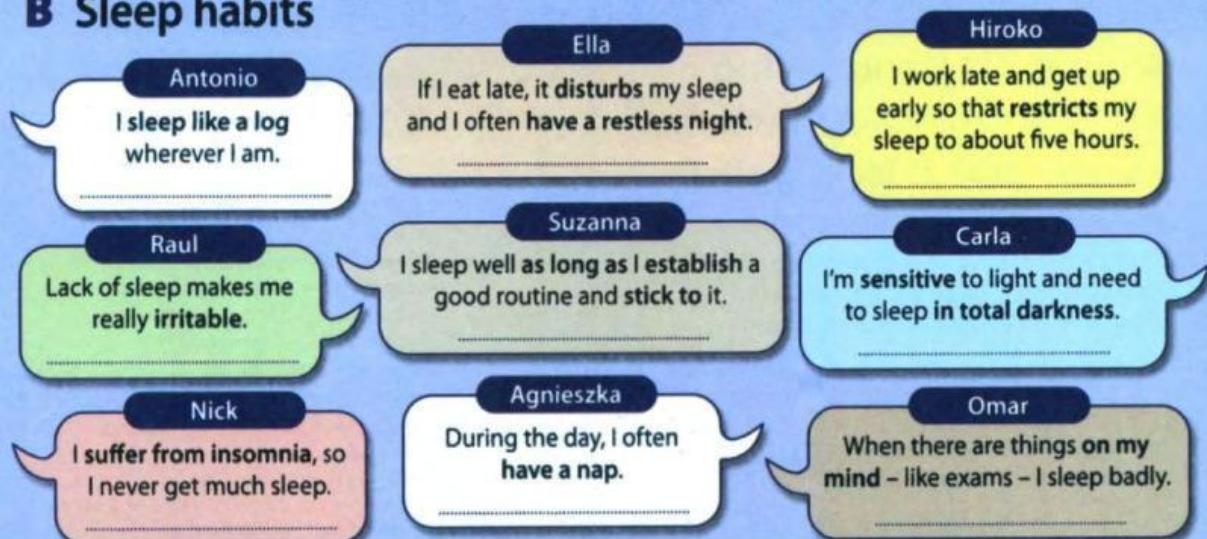
## ABOUT YOU

1000

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



## B Sleep habits



### GLOSSARY

<b>sleep like a log</b>	sleep very well	OPP <b>have a restless night</b>	<b>sensitive</b> (to sth)	easily affected by sth which may cause pain or upset
<b>disturb</b>	stop sb doing sth, e.g. working, sleeping or thinking		<b>darkness</b>	the state of being dark: <b>in total darkness</b>
<b>restrict</b>	put a limit on sb/sth		<b>insomnia</b>	If you suffer from <b>insomnia</b> , you are often unable to sleep.
<b>irritable</b>	becoming angry easily		<b>have a nap</b>	have a short sleep, e.g. for half an hour
<b>as long as</b>	on condition that	SYN <b>provided that</b>	<b>on my mind</b>	If sth is <b>on your mind</b> , you're thinking or worrying about it.
<b>establish</b>	start or create sth such as a system, organization, etc.			
<b>stick to sth</b> 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 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 to help you.

sleep disturb restless establish as long as stick darkness insomnia

7 Combine words in the box to form six phrases.

have night	sleep suffer from	insomnia like a log	have a restless my mind	a nap darkness	in total have something on
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8 Complete the sentences with a word or phrase.

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

