

Smart C.P
ODINSA - B2
Fourth assessment

A. Use the words from the box to complete each dialogue. Make changes to the verbs if necessary.

calm down - doze off - turn in - race off - burn out - sleep over - perk up

1.

A: I feel like I've been working nonstop for weeks.

B: You need to take a break or you'll _____.

2.

A: Ugh, everything's going wrong today!

B: Hey, take a deep breath and try to _____.

3.

A: I don't remember the end of the movie last night.

B: That's because you _____ on the couch!

4.

A: I was exhausted this morning, but then I had a coffee.

B: Oh, that explains why you suddenly _____.

5.

A: It's already 6:55! The meeting starts in 5 minutes!

B: Let's _____ or we'll be late!

6.

A: I'm too tired to go home now.

B: Why don't you just _____ at my place?

7.

A: I have an early day tomorrow.

B: Then you should probably _____ soon.

B. Choose the correct answer in each case.

1. I was exhausted but couldn't stop moving in bed. I kept (tossing and turning / sleeping like a log).
2. He was still (drifting off / wide awake) at 3 a.m. after three cups of coffee.
3. I tried to focus on the presentation, but I started to (nod off / sleep like a log) halfway through.
4. She went to bed at 10 and didn't wake up until 9 the next morning. She (tossed and turned / slept like a log).
5. I couldn't sleep at all before the big meeting. I (had a sleepless night / took a power nap).
6. I usually (feel drowsy / drift off) while reading in bed — it helps me fall asleep.
7. He was (fast asleep / wide awake) when the phone rang, so he didn't answer.
8. I always (take a power nap / toss and turn) after lunch to recharge for the afternoon.
9. I went to bed early, but I was still (wide awake / feeling drowsy) two hours later.
10. She was so tired that she (drifted off / had a sleepless night) during the yoga relaxation exercise.

C. Read the following text and answer the questions.

Making adjustments

I've been trying to improve my sleep routine, even if I still struggle to fall asleep some nights. I set two alarms every morning, just in case I hit snooze without realizing. Considering that I've been feeling more fatigued lately, I've also started limiting my screen time before bed and avoiding caffeine after 2 p.m.

On weekends, I let myself sleep in as long as I don't have anything urgent planned. I usually avoid naps unless I had a particularly rough night. And I'll only drink an espresso in the afternoon if I'm really struggling to stay awake. It's not easy sticking to a routine, but I've noticed it makes a difference—even if the results aren't immediate.

1. Why does the speaker set two alarms in the morning?

2. What lifestyle change has the speaker made to reduce fatigue?

3. What condition must be met for the speaker to sleep in on weekends?

4. Under what circumstances does the speaker take naps?

5. When does the speaker allow themselves to drink an espresso in the afternoon?

6. What two specific habits does the speaker mention changing to improve sleep?

7. How does the speaker feel about the effectiveness of their new sleep routine?
