

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. to relax or chill
2. to stop using
3. to collect or get more and more
4. to find time for something
5. to pass quickly without noticing
6. to slowly grow
7. to stop someone from sleeping
8. to become a big amount over time
9. to put too much into a short time
10. to slowly fall asleep
11. to use less
12. to make someone do something

Task #2. Complete the paragraph with phrasal verbs. Use them in their correct forms!

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!