Complete the sentences with the words in the box.

lifetime sleepy sense list awake research common smell

1. Alex's story didn't make any _____.
2. What's that _____? Is your brother cooking again?
3. Robert felt a bit _____, so he went to bed.
4. It's almost nine o'clock, and Fay isn't _____ yet. She's going to be late again!
5. Van Gogh wasn't very well known during his _____.
6. Smith is the most _____ surname in the UK.
7. Scientists have done lots of _____ on sleeping habits.
8. Let's make a(n) _____ of the things we need before we go to the supermarket.



Feeling sleepy?



This week's topic in *Health Matters* is sleep. We interviewed top expert Dr Caroline Webber.

1 ◯ Sleep is food for the brain. People aren't usually aware of it, but it is necessary for a healthy life. New research is constantly being done to help scientists understand the different ways that sleep affects our body and mind. About one third of your life is spent asleep, which means that in your lifetime you will sleep for about twenty-five years.

2 ◯ It depends, but most people don't get enough. You should get used to sleeping the same amount every night. Avoid sleeping less during the week and trying to catch up at the weekend. This will make you feel more tired. Eight hours a night is probably the best for most people. However, according to recent studies, teenagers need at least 9.5 hours of sleep. In fact, some schools are considering starting lessons later to help with this.

3 ◯ Lack of sleep is unhealthy, even dangerous. It leads to low levels of concentration and harms your memory. And remember, a brain hungry for sleep won't stay awake forever. It will fall asleep even when you don't expect it, perhaps when you're behind the wheel.

4 ◯ All human beings spend about 2,100 days dreaming in their lifetime. Some dreams are scary and some don't make any sense. Until the age of three, babies only dream about other people, and from that age they have lots more nightmares than adults, until they are seven or eight years old. Even blind people dream. People who are born blind don't see images but they dream with the senses of sound, smell and touch as well as with emotion.

5 ◯ Research shows that most people have dreamt that they were being chased by someone. Dreams about drowning or being trapped are also high on the list. We dream about lots of horrible things, but luckily within five minutes of waking up, half of the dream is forgotten and within ten minutes, 90% is gone.

Look at the phrases/expressions 1-5 from the text and match them with the meanings

1. be aware of ◯
2. get used to ◯
3. catch up ◯
4. behind the wheel ◯
5. make sense ◯

LIVEWORKSHEETS

Listen

A. Listen to four people describing their dreams.

match the statements a-d with the people.

Sonia ◯	a. I wanted to find out what happened in the end.
Harry ◯	b. My dream didn't make any sense.
Isabel ◯	c. I could do something people can't do.
Tony ◯	d. I know why I had this dream.

Rewrite the sentences using the Passive Voice.

1. The doctor was helping the injured woman.

   _____

2. Eleanor is preparing dinner.

   _____

3. Alison is teaching the first aid course.

   _____

4. Pete was washing the car.

   _____

5. Eliot and Jenna were presenting the project.

   _____

6. Ted is designing the school website.

   _____

LIVEWORKSHEETS