Clauses of Time, Reason, and Condition

How to Sleep Better

Many people struggle to get enough sleep because of stress, technology, or unhealthy habits. Fortunately, there are simple ways to improve your sleep quality.

Before going to bed, put your phone away and avoid looking at bright screens. After turning off your electronic devices, spend a few minutes reading a book or listening to relaxing music. While getting ready for bed, keep the lights dim to help your body prepare for sleep.

You should avoid drinking coffee in the evening, even if you don't think it affects you. You'll sleep much better as long as you follow a regular bedtime routine every night. Unless you create a quiet and comfortable environment, it may be difficult to fall asleep quickly. Many people also keep a glass of water nearby just in case they wake up thirsty during the night.

Good sleep habits take time to develop, but they can greatly improve your health and energy.

Grammar Focus

1. Reduced Time Clauses

Reduced time clauses are possible when the subject is the same in both clauses. Use before/after/while + verb-ing.

Examples:
After finishing work, I exercise.
Before going to bed, brush your teeth.
While preparing for bed, listen to relaxing music.

Usually reduced: before, after, right before, right after, while.
Not usually reduced: as soon as, whenever, until, ever since, from the moment.

2. Clauses Stating Reasons and Conditions

Even if: a condition that does not change the result.
As long as: a necessary condition.
Unless: means 'if not.'
(Just) in case: precaution for a possible situation.
Considering that: gives the reason.
Only if: the only condition that makes something possible.

Examples:
I avoid coffee even if I'm tired.
You'll sleep well as long as you keep a routine.
You won't sleep well unless you reduce screen time.

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PAGE 2 – Grammar Exercises

Exercise 1 – Reduce the Time Clauses

Before you go to sleep, turn off your phone.

_____

After you brush your teeth, avoid eating snacks.

_____

While you prepare for bed, listen to calming music.

_____

Right after you wake up, open the curtains.

_____

Exercise 2 – Complete with the Correct Connector

You'll sleep better _____ you avoid caffeine in the evening. (unless / as long as / even if)

I keep an extra blanket nearby _____ it gets cold at night. (only if / just in case / unless)

You won't feel rested _____ you sleep at least seven hours. (unless / considering that / even if)

I go to bed early _____ I'm not feeling sleepy. (even if / only if / considering that)

Exercise 3 – Match the Halves

1. Even if __
2. Unless __
3. As long as __
4. Just in case __
5. Considering that __

A. you keep a consistent bedtime.
B. I don't feel sleepy, I still go to bed early.
C. you may have trouble concentrating tomorrow.
D. it rains during the night.
E. sleep is essential for your health.

Exercise 4 – Rewrite the Sentences

If you don't reduce stress, you won't sleep well. (unless)

_____

Put your phone on silent because someone might call late. (just in case)

_____

Sleep is important because your brain needs to recover. (considering that)

_____

I follow a bedtime routine. Then I fall asleep faster. (after)

_____

I sleep well if I exercise during the day. (as long as)

_____

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