

5 ways to improve your sleep

A. VOCABULARY: sleeping habits

Match each sentence (1-5) with the correct vocabulary expression (a-e).

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| 1. I can't sleep because I've been moving around in bed all night. | a. ___ winding down before bed |
| 2. I've been sleeping for short periods during the afternoon without planning to. | b. ___ dozing during the day |
| 3. I've been spending more time outside in the morning. | c. ___ cutting off caffeine before noon |
| 4. I've been relaxing and avoiding screens before going to bed. | d. ___ tossing and turning |
| 5. I've been stopping drinking coffee before 12 p.m. | e. ___ exposing myself to plenty of sunlight |

B. GRAMMAR: Present perfect continuous

Complete the sentences using the present perfect continuous. Use negatives as needed.

1. My daughter _____ (use) social media a lot these days. I'm worried she _____ (neglect) her studies because of it.
2. My colleague _____ (balance) her work and personal life recently. As a result, _____ (feel) a lot of stress and anxiety.
3. I _____ (sit) too much and I _____ (exercise) over the past few weeks. As a result, I _____ (gain) weight.
4. I see that you _____ (smoke) or drinking recently. I'm really happy that you _____ (cut) down on those bad habits!
5. I _____ (toss and turn) a lot lately.
6. She _____ (doze) during the day because she hasn't been sleeping well.
7. We _____ (expose) ourselves to more sunlight in the morning.
8. He _____ (wind down) before bed every night.
9. They _____ (cut off) caffeine before noon.

Rewrite the sentences using the Present Perfect Continuous.

1. I started going to bed earlier two weeks ago.
→ I've been going to bed earlier for two weeks.
2. I started avoiding caffeine after lunch last month.
→ _____
3. I started getting more sunlight in the morning three weeks ago.
→ _____
4. I started relaxing before bed recently.
→ _____
5. I started having trouble falling asleep last week.
→ _____