

Live the dream

Task 1. Write down the new words

snooze	вздремнуть
familiar	знакомый
on average	в среднем
sleep in	спать дольше обычного
tiredness	усталость
concentrate	концентрироваться
suffer from	страдать от чего-то
stress	стресс
lack	нехватка
solution	решение
routine	распорядок дня
full	полный
stomach	желудок
boost your performance	улучшать показатели
catch up on with	догнать

Task 2. Match the phrases with the translation

alarm goes off		выключить свои устройства
snooze for five more minutes		страдать от стресса
feel sleepy		вздремнуть пять минут
want to sleep in		следовать за своим сном (видеть сны)
suffer from stress		срабатывает будильник
switch off your gadgets		чувствовать себя сонным
follow your dream		хотеть больше поспать

Task 3. Read the text and mark the answers True/False

You're having the best dream you've ever had. Suddenly, the alarm goes off. No! You reach out your arm and turn it off. You just want to snooze for five more minutes. Does this sound familiar? Well you're not alone. Teenagers everywhere are trying to get just a little more sleep.

So why is this? Well, to start with, on average teenagers need to sleep an hour longer than adults. Also teenagers usually feel sleepy later at night than adults, and take longer to wake up in the morning – and that's the reason why you always want to sleep in!

But can tiredness really hurt you? Unfortunately, it can. If you don't get enough sleep, you find it harder to concentrate at school and might do worse in your exams. You're also more likely to get ill or suffer from stress. In addition, you will eat more unhealthy food to help you stay awake. Lack of sleep can affect everything.

Luckily, there's a simple solution. Get more sleep and sleep better with a good evening routine. Firstly, you must eat dinner early so you don't go to bed on a full stomach. Then, about an hour before you go to bed, you should start doing something quiet and relaxing. Switch off your gadgets as the bright light from your smartphone or tablet can wake your body up. Finally, go to bed and get up at the same time every day. This helps your body find the right time for bedtime.

If you follow these tips to get more sleep, you will boost your performance at school while staying happy and healthy. Remember, there are no dreams without sleep. So if you want to follow your dreams, make sure you catch up on those zzzz!

1. Teenager think they get enough sleep.
2. Teenagers have the same sleeping habits as adults.
3. Sleep protect you from illness.
4. Sleeping less can improve your diets.
5. Technology can stop you from sleeping.
6. It's a good idea to have a good bedtime.