

I can talk about sleep

Part I – general vocabulary

nap, fall asleep, well-rested, yawn, oversleep, undersleep, sleepy, wake up, awake

1 Replace the underlined word or phrase with words or phrases with the same meaning.

- 1) I had a short sleep during the day.
- 2) I started sleeping.
- 3) I am full of energy after sleeping enough.
- 4) When I feel tired or bored I open my mouth wide.
- 5) I slept too long and woke up later than I wanted.
- 6) I slept too little and didn't get enough rest.
- 7) I am tired and I want to sleep.
- 8) I stopped sleeping and opened my eyes.
- 9) I am not sleeping.

2 Fill the gaps with the correct word and then answer the questions.

- 1) Do you usually take a ____ during the day? Why or why not?
- 2) What helps you ____ faster at night?
- 3) How many hours of sleep do you need to feel ____?
- 4) Why do people ____ when they are tired?
- 5) Have you ever ____ and been late for something important?
- 6) What happens if you ____ for several nights in a row?
- 7) When do you feel the most ____ during the day?
- 8) What is the first thing you do when you ____ in the morning?
- 9) What helps you feel more ____ when you are very sleepy?

Part II – sleep habits

3 Warm-up. Answer these questions:

- 1) What do you do before going to bed to relax?
- 2) Do you use your phone or watch TV before sleeping? Does it affect your sleep?
- 3) Do you drink coffee or tea in the evening? How does it affect your sleep?
- 4) Do you prefer to sleep with the lights on or off? Why?

4 Rate the usefulness of the following tips and accessories:

Sleep Hygiene Tips



- 1) bedtime routine
- 2) winding down
- 3) reducing screen time
- 4) reducing caffeine intake
- 5) relaxation techniques
- 6) sleep schedule

Sleep accessories



- a) sleep mask
- b) earplugs
- c) alarm clock
- d) blackout curtains
- e) white noise machine
- f) comfortable mattress and pillow

5 What would be the best sleep routine for the following people:

I have trouble falling asleep, especially during a full moon because the brightness keeps me awake.

I'm a very light sleeper, and even the smallest noise at night wakes me up.

My stressful job and working late with gallons of coffee don't make it easy to fall asleep.

Part III – sleep problems

- 6 Replace the bold parts of the sentence with the name of the problem they describe

sleep debt, jet lag, sleepwalking, snoring, insomnia, restless night, nightmares

- 1) I had terrible **bad dreams** last night, and now I'm feeling exhausted all day.
- 2) I had to pull an all-nighter to finish my project, and now, because of my **built-up lack of sleep**, I can't even watch a movie without drifting off.
- 3) **Traveling across different time zones** always hits me hard after long trips, and even a nap doesn't help. I feel so irritable that I feel like I woke up on the wrong side of the bed.
- 4) I suffer from **sleeplessness**, and in the morning after finally falling asleep, I hit snooze so many times that I often oversleep.
- 5) My partner's **noisy breathing during sleep** keeps me up all night—I didn't sleep a wink, but he of course is always sleeping like a baby!
- 6) I'm such a heavy sleeper that nothing disturbs me even when I **walk while asleep**.
- 7) I had a **night without sleep** and couldn't decide on something important, so I'm going to sleep on it a bit longer and hopefully have a clearer mind tomorrow.

7 Find expressions in the previous exercise that mean the same as those written below

- 1) gradually fall asleep
- 2) sleep deeply
- 3) wake up in a bad mood
- 4) not sleep at all
- 5) delay waking up by pressing the snooze button
- 6) stay awake all night
- 7) delay a decision until after sleeping

8 Answer the following questions:

- 1) Have you ever pulled an all-nighter? Why did you stay up all night?
- 2) Do you like to have a nap during the day? Why or why not?
- 3) When you have a difficult decision, do you like to sleep on it before choosing?
- 4) How many times do you hit snooze in the morning before getting up?
- 5) Does snoring bother you when you are trying to sleep?
- 6) What do you usually do after having a restless night with little sleep?
- 7) Do you drift off when watching a boring movie or reading a book?

9 Imagine you are a doctor dealing with sleep problems, take a medical history to better understand your patient's problem.

- general sleep information

well-rested / sleepy undersleep / oversleep light / heavy sleeper

easily falling asleep / sleeping problems

- typical sleep schedule
- bedtime routine
- sleep accessories

sleep mask / earplugs / alarm clock / blackout curtains / white noise machine

- caffeine intake
- typical problems

nightmares / insomnia / stress / noise / light

Your advice: