

Do the preparation task first. Then read the article and do the exercises to check your understanding.

Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- | | | | |
|--------|------------------|----|---|
| 1..... | sleep deprived | a. | something you do regularly; a part of your daily routine |
| 2..... | a sleep disorder | b. | to make a sound when breathing in while you are sleeping |
| 3..... | a habit | c. | to start sleeping |
| 4..... | to fall asleep | d. | to open your mouth wide because you feel sleepy |
| 5..... | to doze off | e. | not getting enough sleep |
| 6..... | to snore | f. | somebody who knows a lot about something |
| 7..... | to yawn | g. | a problem with your sleep |
| 8..... | an expert | h. | to have a short, light sleep without intending to, while you are doing something else (e.g. reading a book, watching television, studying in class) |

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | | |
|----|---|-------------|--------------|
| 1. | Teenagers need between 10 and 17 hours of sleep a night. | <i>True</i> | <i>False</i> |
| 2. | A quarter of people in the UK have problems with their sleep. | <i>True</i> | <i>False</i> |
| 3. | Not getting enough sleep can cause problems at school. | <i>True</i> | <i>False</i> |
| 4. | Philip watches television in bed. | <i>True</i> | <i>False</i> |
| 5. | Clare has three small children. | <i>True</i> | <i>False</i> |
| 6. | Clyde likes sharing a room with his brother. | <i>True</i> | <i>False</i> |
| 7. | Jag's students seem very tired in the afternoon. | <i>True</i> | <i>False</i> |
| 8. | It is recommended to have a regular bedtime. | <i>True</i> | <i>False</i> |

2. Check your grammar: grouping – parts of speech

Write the words in the correct group.

asleep	yawn	exhausted	sleep
snore	dream	tired	awake

verbs / nouns	adjectives

3. Check your vocabulary: multiple choice

Circle the best word to complete these expressions.

- off / fall / go asleep
- doze off / up / at
- wake off / up / of
- stay up / to / at late
- up / off / stay awake
- go to / at / in bed
- at / in / on night
- at / off / in the day

Discussion

How much sleep do you get on a school night?

Do you sleep more or less on weekends?

Do you think you need to get more or less sleep?

What should and shouldn't you do in order to get a good night's sleep?