

EPISODE 84 LEVEL A1.2/A2.1

READING COMPREHENSION



SLEEPING

This week was very difficult, as usual. Why? I rarely get **a good night's sleep** (= sleep enough to feel good) during the week. I am **a night owl** (= go to bed late) and **a heavy sleeper** (= sleep deeply) so it is very difficult for me to get up early in the morning every day. The moment I **fall asleep** (= start



sleeping), I **sleep like a log** (= sleep very well). I hardly ever **have a sleepless night** (= a night without sleep), but still I **yawn** (= open my mouth wide and take a big breath) every day of the week because I go to sleep too late. Life is very difficult for people who like to **stay up** late at night (= not go to bed early).

More contexts for the new words:

- She is an early bird.
 (= She likes getting up early in the morning.)
- She is a light sleeper.
 (= She wakes up easily.)



EXERCISE 1

Choose the best option to complete each sentence.

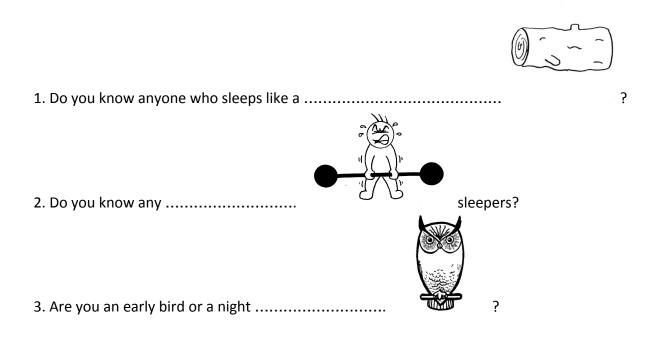
- 1. I like to stand/ become/ stay up late at night.
- 2. I've had a lot of *sleepless/ no-sleep/ non-sleep* nights recently.
- 3. I always *feel/ fall/ fell* asleep really quickly.
- 4. John is a *weighty/ heavy/ fat* sleeper.
- 5. After a hard day at work, I always sleep like a *tree/log/wood*.
- 6. My husband works until 2 am he really is a *night/evening/late* owl.





EXERCISE 2

Use the pictures to complete the questions, and then answer them.





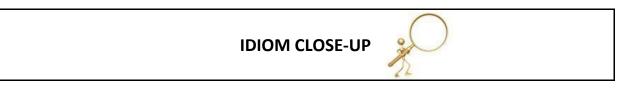
In the text above there are many expressions which help us show that something happens regularly. For example:

I rarely get a good night's sleep. or I hardly ever have a sleepless night.

There are some more words which work in a similar way: always, usually, often, sometimes, seldom, never.

Just remember that they are never used at the end of the sentence, so we say:

I **usually** go to work early. Not: I go to work early usually. I **never** start work at 9. Not: I start work at 9 never.



A/ Mum, can I go to the **SLEEP-OVER** at Jim's? B/ No way, you're much too young for that kind of thing!



A **sleep-over** is a kind of party when a young person or a group of young people stay for the night at the house of a friend. Another expression is a **slumber party**.

PHRASAL VERBS CLOSE-UP

1. When you SLEEP IN, you continue sleeping after the time you usually wake up.

We all **sleep in** on Sundays. All I dream of is **sleeping in** for a couple of days.

2. When you SLEEP something OFF, you get rid of an unpleasant feeling by sleeping, especially after eating or drinking too much.

I spent the day after the wedding sleeping off the champagne. I've eaten too much pizza – I'll try to sleep it off.



EXERCISE 3 Match the conversation halves.

- 1. Karen is still in bed, sleeping off
- 2. Most people sleep in
- 3. Teenagers like going to

- a. sleep-overs.
- b. at the weekends.
- c. last night's beer.



SLEEP HYGIENE

Do you have healthy sleeping habits? Do the quiz below and find out!

- 1. How long do you sleep on average?
- A. 3-4 hours
- B. 5-6 hours
- C. 7-8 hours
- 2. Do you ever **nap** during the day?
- A. sometimes if I'm tired
- B. no, never
- C. yes, every day for half an hour.



- 3. What do you drink when you have problems falling asleep?
- A. a **shot** of vodka
- B. some water
- C. some warm milk with honey
- 4. When do you eat dinner?
- A. just before going to bed
- B. 4-5 hours before going to bed
- C. 2-3 hours before sleeping
- 5. Is the window open while you're sleeping?
- A. no way I'm afraid of **catching a cold**
- B. no, but I air my bedroom in the evening
- C. yes, of course

RESULTS

If you've chosen **mostly A answers** – we have bad news for you. Your sleeping habits are terrible. You feel bad when you wake up and you're always tired. Change something now!

If you've chosen **mostly B answers** – not bad! You do some of the things right, but there is still some room for improvement.

If you've chosen **mostly C answers – give yourself a pat on the back**! You have excellent sleeping habits, you wake up full of energy and feel fresh throughout the day. Good job!

GLOSSARY

- on average usually
- nap short sleep
- shot little glass
- catching a cold becoming slightly ill
- air open the window to let in fresh air
- give yourself a pat on the back congratulate yourself

KEY TO EXERCISES

Ex.1

- 1. stay
- 2. sleepless
- 3. fall
- 4. heavy
- 5. log
- 6. night

Ex.2

- 1. log
- 2. heavy
- 3. owl



Ex.3

1. c

2. b

3. a