

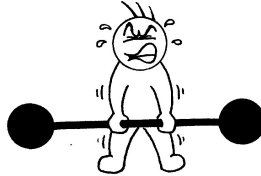


EXERCISE 2

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



1. Do you know anyone who sleeps like a ?



2. Do you know any sleepers?



3. Are you an early bird or a night ?

ENGLISH IN USE 

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.~~*

IDIOM CLOSE-UP 

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.

NEWS



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