

The Importance of Sleep

1. Match the word with its definition

sleepy **tired and ready to go to sleep** (правильный)

fall asleep (syn go to sleep) **start sleeping**

asleep **sleeping**

nightmare **a bad dream**

fast asleep (syn in a deep sleep/opp wide awake) **sleeping deeply**

go off **ring or make a noise**

wake sb up **make sb stop sleeping**

oversleep **sleep longer than you should or want**

have a lie-in **stay in bed later than usual**

2. Replace the underlined word or phrase with words or phrase with the same meaning

I felt tired (sleepy) so I went to bed quite early last night. I went to sleep (fell asleep) without a problem and very soon I was in a deep sleep (fast asleep). Unfortunately, in the middle of the night, I had a bad dream (nightmare), which woke me up. After that, I was awake for ages and didn't fall asleep (go to sleep) again until about half past four, so when the alarm rang (went off) just after seven, I didn't hear it and I carried on sleeping (overslept). When I finally woke up, I felt terrible.

3. Answer the questions

- What time do you usually go to bed?
- Do you manage to sleep as much as you need? If not, why not?
- Are you a light sleeper or a heavy sleeper?
- Do you ever oversleep?
- Do you need an alarm clock to wake up?
- Do you remember your dreams?
- Do you suffer from nightmares? Can you remember any specific nightmare?
- Have you ever walked in your sleep? Do you know anyone who does?

4. Watch the video till 2.31 and choose if the statement correct or wrong

<https://www.youtube.com/watch?v=xxxWv6PM4EM>

- 1) If you don't get enough sleep, you are 55% more likely to be obese (T/F)
- 2) Getting the right amount of sleep disimproves hormones (T/F)
- 3) If you sleep enough you are more likely to get sick more often (T/F)

- 4) People who study before going to bed will do better in studying (T/F)
- 5) People who sleep enough have less chance to be depressed (T/F)
- 6) The more people sleep, the more people eat (T/F)
- 7) Sleeping helps people better understand each other (T/F)
- 8) People who sleep enough are better at sports (T/F)

5. Watch the video till 4:30 and choose the most suitable variant.

- 1) What will help you to go to sleep more quickly?
 - a. bright street lights
 - b. illuminations
 - c. blacking out the room**

- 2) How much time you shouldn't use your phone before going to bed?
 - a. 1 hr**
 - b. 2 hr
 - c. 1,5 hr

- 3) What is another good advise for better sleep?
 - a. brushing your teeth
 - b. watching TV
 - c. getting a routine**

- 4) What should you do on your bed, which will help you to improve sleeping?
 - a. anything
 - b. only sleeping**
 - c. reading and watching TV

6. Put the parts into the correct order and answer the questions

- 1) some are have good habits to what? (What are some good habits to have?)
- 2) habits where our do learn we? (Where do we learn our habits)
- 3) it is get or habit difficult of to easy rid a bad? (Is it easy or difficult to get rid of a bad habit)
- 4) habits nerves do get bad on other your people's? (Do other people's bad habits get on your nerves)
- 5) can good how develop habits we? (How can we develop good habits)