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| oversleep | sleep for longer than you intended |
| heavy sleeper | someone who does not wake easily |
| have a lie-in | to remain in bed in the morning for longer than usual |
| drop off | to begin to sleep |
| insomniac | someone who cannot sleep easily |
| nap | a short sleep, especially during the day |
| deep sleep | the stage of sleep you need to feel refreshed when you wake up |
| nightmare | a very frightening dream |
| snore | to breathe in a noisy way through your mouth and nose while you are asleep |
| exhausted | extremely tired |
| keep someone awake | a situation where someone cannot sleep because of noise, temperature etc |