

Task 1 | Listening

Task 1

A. Listen to the podcast "Sleep Is Food For The Soul". What are the benefits of a good sleep?

00:00

B. Listen to the recording again and complete the sentences with up to three words.

1. The author's older sister sleeps less in order to increase her productivity .

2. A lot of Americans consider people who sleep more than 5-6 hours to be weak , lazy or unproductive .

3. Sleeping can help you find solutions | come up with solutions to the problems that are worrying you.

4. Speaking of health benefits, sleeping enough helps your immune system be stronger and resist diseases.

5. Sleepy drivers are more dangerous than drivers who have taken drugs or drunk alcohol.

6. It's better to sleep extra thirty minutes every day than trying to compensate lack of sleep during the working week by sleeping a lot at the weekend.

Check

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Task 2-6 | Vocabulary

Task 2

Look at the following expressions connected with sleep. Divide them into the categories below.

Sleep well:

to get a good night's sleep

to sleep tight

Wake up early:

to get up at the crack of dawn

Go back to sleep:

to crawl back into bed

Walk in your sleep:

to sleepwalk

a sleepwalker

Sleep a lot/too much:

to oversleep

to sleep in

Not enough sleep:

to be sleep deprived

to have insomnia

Want to sleep:

to be sleepy

Go to bed late:

to stay up late

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Task 3

Choose the correct option.

1. Why are you staying up late / sleeping in ? You have to get up early tomorrow.

2. When my husband left for work in the morning, I decided to get some more sleep, so I got up at the crack of dawn / crawled back in bed

3. Doctors say that you shouldn't try to awaken a sleepwalker / insomnia .

4. It's Sunday and I don't want to go anywhere, so I'm probably going to be tossing and turning / sleep in

5. I set my alarm clock at 7 a.m., but when I opened my eyes, I realized that I had been sleepy / overslept It was 10 a.m.!

6. I was tossing and turning all night, so in the morning I was sleep deprived / a sleepwalker .

7. People who sleepwalk / have insomnia find it hard to fall asleep almost every night, don't sleep for a long time and are usually exhausted in the morning.

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Task 4

Make 5 sentences using 5 expressions from task 4 about your own sleeping habits.

1.

2.

3.

4.

5.

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Task 5-7 | Grammar

Task 5

Why are the articles different in these pairs of sentences?

1. a) We had breakfast at 8 o'clock.
b) The breakfast on the train was awful.

2. a) We left in the afternoon.
b) We left at night.

3. a) We travelled by train.
b) We came by the early train.

4. a) the Himalayas
b) Mont Blanc

5. a) the United States, the Philippines
b) England

6. a) The telephone is a great invention.
b) Mobile phones are a nuisance.

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Task 6

Fill in the gaps with a/an, the or - (no article).

1. the Dominican Republic

2. the Atlantic Ocean

3. Paris

4. the Rocky Mountains

5. Tokyo

6. China

7. the Mediterranean Sea

8. the Caribbean

9. Europe

10. Mexico

11. Jordan is a country in the Middle East.

12. My brother is a mountain climber; he has climbed Mount Everest.

13. The Rocky Mountains are the tallest mountains in North America.

14. The Museum of Modern Art is on the 53rd Street in New York City.

15. The Hague is a city in the Netherlands.

16. The Dominican Republic is on an island in the Caribbean.

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Task 7

Find 10 mistakes in the sentences. Two sentences are correct.

1. I've heard that Tarantino has new movie a new movie out . Would you like to watch it with me ? — Yes, sure , I love his work as a director , I especially liked previous movie the previous movie he made .

2. London is not the capital of Great Britain , it's the capital of United Kingdom the United Kingdom . Great Britain is technically a geographical term referring to an island on which England , Scotland and Wales are located .

3. I'm calling to ask for an information the information about a performance the performance which is taking place tomorrow at 19.00 .

4. The quickest way to get to Krakow from here is by car .

5. The population of the South Africa the South Africa is more than 57 million people .

6. We're going to a skiing resort the skiing resort you visited last year . I'm so excited ! I've never seen Carpathian mountains the Carpathian mountains before .

7. — Honey , where are the kitchen towels ? — I've put them in the washing machine , they weren't fresh .

8. I am not coffee expert a coffee expert , of course , but I didn't enjoy coffee we drank the coffee we drank at that new trendy place everyone is talking about .

Check

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Notes

Write your own notes

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Save

Test Yourself

Choose the correct option.

1. Victor Hugo was ___ French poet.
a. ☐ the
b. ☐ an
c. ☒ a
d. ☐ -

2. I bought ___ new book yesterday!
a. ☒ a
b. ☐ o
c. ☐ the
d. ☐ an

3. I saw ___ attachment you had sent me.
a. ☐ o
b. ☐ o an
c. ☐ o an
d. ☒ the

4. She thinks that ___ love is what will save the world.
a. ☐ a
b. ☒ -
c. ☐ the
d. ☐ an

5. Let's go to ___ restaurant where we first met!
a. ☐ an
b. ☐ o a
c. ☒ the
d. ☐ o -

6. I love watching ___ dramas.
a. ☐ o an
b. ☐ o a
c. ☐ o the
d. ☒ -

7. A medical condition in which you have difficulty sleeping
a. ☐ a sleeping deprivation
b. ☐ o being sleepy
c. ☐ o a sleepwalking
d. ☒ an insomnia

8. "To get up at the crack of dawn" means
a. ☐ o to get up at the same time
b. ☒ o to get up very early
c. ☐ o to get up very late
d. ☐ o to get up when you usually do

9. Marta got up at 6 a.m., made breakfast for her husband, kissed him goodbye and _____.
a. ☐ o slept tight
b. ☐ o stayed up late
c. ☐ o went back
d. ☒ o crawled back into bed

10. She was late for school again because she _____.
a. ☐ o got up at the crack of dawn
b. ☐ o slept tight
c. ☒ o overslept
d. ☐ o sleepwalked

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Flashcards

Words related to sleeping

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←

1/12

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Shuffle