And don't set alarms every half an hour; you're not gradually waking yourself up. You're interrupting and restarting your sleep cycle over and over again. I'm guilty of this, so are many of you.

別想要每30分鐘都設一個鬧鐘，這樣也不會慢慢叫醒你。你只是不斷地打斷並重啟睡眠。我承認我會這麼做，相信你們也是。

1 . alarm 警報

alarm [əˋlɑrm] (n.) 警報、鬧鐘

set the alarm 設鬧鐘

The alarm went up, when the thief broken into this store.

當小偷進到店裡準備要偷東西的時候，警鈴便大作了。

alarming [əˋlɑrmɪŋ] (adj.) 驚人的

Even though the consequence of Brexit isn’t really obvious yet, but the aftershock would be quite alarming.

雖然說Brexit的後果其實現在還沒有這麼顯著，但是隨後的那一波可能會非常驚人令人提心吊膽。

2 . gradually 漸漸地

gradually [ˋgrædʒʊəlɪ] (adv.) 漸漸地

After many practices, you will gradually get the hang of it.

當你練習多次之後，你漸漸就會抓到訣竅的。

3 . wake 醒來

wake [wek] (v.) 醒來

There is the difference between waking up and getting up.

醒來跟起床是兩回事。

awake [əˋwek] (v.) 喚醒 (adj.) 醒著的；清醒的

He is finally awake after 2 months in a coma.

他昏迷兩個月之後終於醒來了。

4 . interrupt 中斷

interrupt [͵ɪntəˋrʌpt] (v.) 中斷

Sorry to interrupt, but I need to borrow you for a minute.

抱歉打斷你說話。

interruption [͵ɪntəˋrʌpʃən] (n.) 終止

Her rude interruption put this meeting in a halt.

他無理地打斷這場會議。

5 . guilty 罪惡的

guilty [ˋgɪltɪ] (adj.) 罪惡的

I feel kind of guilty for letting him taking this responsibility for me.

我覺得讓他擔起這個責任讓我覺得有點罪惡。

guilt [gɪlt] (n.) 罪惡

He was almost swallowed by the sense of guilt.

他幾乎要被心中的罪惡感吞噬。

可連音的部分：

half an hour

wake up

over and over again