

# SWEET DREAMS

No **Sweet Dreams** for Couple at **Bedtime**

DEAR **DR.** ELLIS:

I'm married. Every night my husband "tells" me when it's time for us **to retire for the night**. This can be anytime from 9:30 to 11:30 p.m.

If I tell him that I'm **ready for bed** he gets **upset**. If he's ready to **get into** bed, and I want to finish a book I'm reading, he gets upset.

**According to** him, married men and women should go to bed "together," **period!** It is always on his **timetable**. **Needless to say**, we **have gone** to bed angry many times.

How do we **figure it out** without getting angry and **resenting** each other?

TIRED OF BEING TIRED, **Des Moines, Iowa**

## Vocab

**sweet dreams:** good sleep

**bedtime:** sleeping time, time when you go to sleep

**Dr:** doctor (person with a Phd degree)

**to retire:** to rest

**to retire for the night:** to go to bed

**ready for bed:** ready to sleep

**upset:** very unhappy, emotional

**get into bed:** go onto, go to sleep

**according to him:** in his opinion

**period:** definitely, absolutely

**timetable:** schedule

**needless to say:** obviously, of course

**have gone:** were (several times in the past until now)

**figure it out:** find an answer, find a solution

**resenting:** angry (about something in the past)

**Des Moines:** a town

**Iowa:** a state (in the USA)

