

DEALING WITH SLEEPLESSNESS

In 30 seconds, answer the following questions:


- 1. Have you ever suffered from sleeplessness?**
- 2. What keeps you awake at night?**

Watch the video and answer the following question in 60 seconds:

**Why don't people
sleep well at night?**

Video

6-10



Source: <http://www.dailymotion.com/video/x4q24sx>



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No speaker

Wear Your Words

Listen and repeat. Then, choose a word to define.

1. **Insomnia (n)** /ɪn'sɑːmniə/

2. **Medication (n)** /ˌmedɪ'keɪʃn/

3. **Encounter (v)** /ɪn'kaʊntər/

4. **Deprivation (n)** /ˌdeprɪ'veɪʃn/

5. **Fatigue (n)** /fə'tiːg/

6. **Drowsy (adj)** /'draʊzi/

Make a sentence using that word.

Example: They used sleep **deprivation** as a form of torture.



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Wear Your Words

Explanation of two useful phrasal verbs:

Wear out

to make yourself/somebody feel very tired



Drop off

to fall into a light sleep



Examples:

- ✓ You'll **wear** yourself **out** if you continue working too hard.
- ✓ I **dropped off** and missed the end of the movie.

Make a sentence using one of the given phrasal verbs.



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Structure:

S + can't stand + doing something.

Example: *Lily can't stand working in an office.*

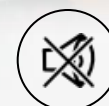
Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss “how to deal with sleeplessness” with your partner.

Suggestions

- ✓ Avoid or limit naps
- ✓ Make your bedroom sleep-friendly by only sleeping there
- ✓ Limit caffeine, alcohol, and nicotine intake especially after dinner
- ✓ Turn off all electronics one hour before bedtime
- ✓ Etc.



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Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to sleeplessness

- ✓ **Two phrasal verbs:**

Wear out

Drop off

- ✓ **Structure:**

S + can't stand + doing something.

- ✓ Discussion about how to deal with sleeplessness



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Homework

Complete your mission and find more in related lessons.

Your mission	<ul style="list-style-type: none">✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)✓ Practice the related lessons in the course browser here (It doesn't apply to all students)✓ Take those lessons
Recommendations	<ul style="list-style-type: none">✓ 64-health and fitness (#0368)✓ 141-healthcare (#0374)
	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



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