

THE SLEEP HABITS OF SUCCESSFUL PEOPLE

In 30 seconds, answer the following questions:

- Do you usually stay up late?
- How much sleep do we really need each night?

Watch the video and then answer the given question in 60 seconds:

**What do you
usually do before
going to bed?**

Video



Source: https://www.youtube.com/watch?v=vyDkWE_N5U8



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

1. Reserve (v) /rɪˈzɜːrv/

2. Restful (adj) /ˈrestfl/

3. Meditate (v) /ˈmedɪteɪt/

4. Mentality (n) /menˈtæləti/

5. Exhale (v) /eksˈheɪl/

6. Drastically (adv) /ˈdræstɪkli/

Make a sentence using that word.

Example: Things have started to go **drastically** wrong.



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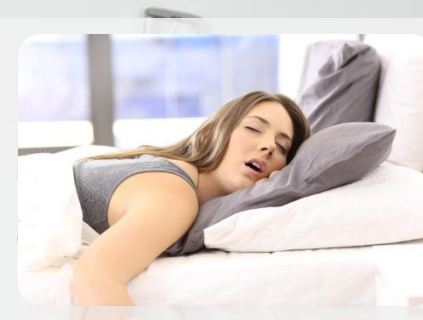
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Wear Your Words

Explanation of two useful phrasal verbs:

Lie in

to stay in bed after the time you usually get up



Drop off

to fall into a light sleep



Examples:

- ✓ *It's a holiday tomorrow, so you can **lie in**.*
- ✓ *I **dropped off** and missed the end of the film.*

Make a sentence using one of the given phrasal verbs.



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Structure:

S + recover + from + something.

Example: He's still **recovering from** his operation.

Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss “The sleep habits of successful people” with your partner.

Suggestions

- ✓ Don't eat right before bed
- ✓ Avoid caffeine and alcohol
- ✓ Go to bed at the same time every night and wake up at the same time every morning
- ✓ Keep your room cool
- ✓ Exercise early in the morning or late in the afternoon to avoid stimulating the body before bed
- ✓ 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 the sleep habits of successful people
- ✓ **Two phrasal verbs:**
 - Lie in**
 - Drop off**
- ✓ **Structure:**
 - S + recover + from + something.**
- ✓ Discussion about the sleep habits of successful people



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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">✓ 13-descriptive adjectives (#0049)✓ 26-adjectives and prepositions quiz (#0052)
	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



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