

DEALING WITH SLEEPLESSNESS

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

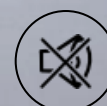
1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

- Vocabulary game:** In **30** seconds, list as many words related to the topic:
“Sleeplessness” as possible. Who gets the most correct words will be the winner.
Your words must be different from others’.
- What happens if you don’t get enough sleep? Talk about a specific nightmare that made you awake all night.**



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3. Discuss the following questions with your partner:

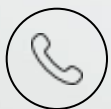
Do you feel that sleeping is a waste of time?

What would you do if you couldn't sleep at night?

3. Role-play

A: You haven't got enough sleep for a long time because you usually work overtime. Ask your friend for some advice.

B: You're A's friend. Talk with him/her.



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A cup of coffee, a watch, and a notebook in the background.

Wrap-up

Topic: **Dealing with sleeplessness**

- Have some talks about a specific nightmare that made you awake all night and things you would do if you couldn't sleep at night
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)