

TIPS FOR GETTING A GOOD NIGHT'S SLEEP

In 30 seconds, answer the following questions:

1. How much sleep do you need per night?
2. What time do you usually go to bed?

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

What keeps you awake at night?

Video



Source: <https://vimeo.com/214143318>



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

1. **Insomnia (n)** /ɪn'sɑːmniə/

2. **Fatigue (n)** /fə'tiːɡ/

3. **Routine (n)** /ruː'tiːn/

4. **Bedtime (n)** /'bedtaɪm/

5. **Optimize (v)** /'ɑːptɪmaɪz/

6. **Mattress (n)** /'mætrəs/

Make a sentence using that word.

Example: Will you read me a **bedtime** story?



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Wear Your Words

Explanation of a useful idiom and phrasal verb:

Not get/have a wink of sleep to not be able to sleep
(idiom)



Sleep in to sleep until after the time you usually get up in the morning
(phrasal verb)



Examples:

- I didn't **get a wink of sleep** last night.
- If you **sleep in** again, you'll get fired.

Make a sentence using either the given idiom or phrasal verb.



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Structure:

It is (not) necessary for somebody to do something.

Example: It is necessary for you to go to bed early.

Make a sentence using the given structure.



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Pair Work: A good night's sleep is very important if we want to be productive, mentally sharp and full of energy all day long. In 180 seconds, discuss with your partner some tips which can help you optimize your sleep.

Suggestions:

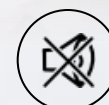
- ✓ Go to bed and wake up at the same time every day
- ✓ Try to practice a relaxing bedtime ritual
- ✓ If you have trouble sleeping, avoid naps, especially in the afternoon
- ✓ Exercise daily
- ✓ Stay away from big meals at night
- ✓ Design a relaxing sleep environment. Sleep on a comfortable mattress and use good pillows
- ✓ Try not to think about the day's worries



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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 sleep
- ✓ **Idiom: Not get/have a wink of sleep**
- ✓ **Phrasal verb: Sleep in**
- ✓ **Structure: It is (not) necessary for somebody to do something.**
- ✓ Discussion about some tips which can help you optimize your sleep



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Complete your mission and find more in related lessons.

Your mission

- ✓ 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

- ✓ [50-test your use of contractions \(#0127\)](#)
- ✓ [167-why aren't you doing push-ups? \(#0428\)](#)

Rất hài lòng



Nhấn vào ngôi sao để đánh giá

Tôi hài lòng nhất



Giảng viên



Chất lượng kĩ thuật



Học liệu

- ✓ Please don't forget to rate our lesson today



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