

**to crash out:** (informal) to go to bed  
*I'm tired. I'm going to crash out.*

**to doze off:** to unintentionally fall asleep for a short time

*It was so warm in there and the lecturer was so boring that I kept dozing off.*

**to drift off:** to gradually and gently fall asleep

*I was just starting to drift off when Chuli - my cat - jumped on to my bed and bit one of my toes.*

**to flake out:** to fall asleep because you are very tired

*I flaked out in front of the television.*

**to go off:** (for an alarm clock) to ring

*My alarm clock didn't go off this morning.*

**to go out like a light/to go to sleep as soon as your head hits/touches the pillow:** to go to sleep very quickly, almost as soon as you get into bed

*I was shattered last night. I got into bed and I went out like a light.*

**to have/get a good night's sleep:** to sleep well and for the whole night

*"I've been feeling a bit run down lately." "That's because you don't sleep enough. What you need is a good night's sleep."*

**to hit the sack:** (informal) to go to bed; generally used in the first person

*I think I'm going to hit the sack. I've got to get up very early tomorrow morning.*

**to lie in/to have a lie-in:** to intentionally stay in bed and get up at a later time than normal

*You look very tired. Why don't you lie in tomorrow? It is Saturday, after all.*

**to nod off:** to fall asleep, often when you are sitting down (on a train, for example, or in an armchair)

*I don't know what the score was. Unfortunately, I nodded off halfway through the match.*

**to oversleep:** to wake up later than you intended to, often with the result that you are late for sth (for work or for an appointment, etc)

*He woke up and looked at his alarm clock. It hadn't gone off and he had overslept.*

**to set the alarm:** to adjust the alarm clock so that it rings at a particular time

*Have you set the alarm?*

*Can you set the alarm for half past seven, please?*

**to be shattered:** to be exhausted [Note: other adjectives meaning very tired: (informal) **bushed**, **beat**;

*I'm going to bed. I'm absolutely shattered.*

**to sleep in:** to intentionally stay in bed and get up at a later time than normal

*On weekdays we get up at half past six. At the weekend, however, we like to sleep in.*

**to sleep over (at sb's house):** to sleep the night at another person's house

*Mum, can I sleep over at Sophie's house tonight?*

**to be sound/fast asleep:** to be sleeping deeply [Note: **to be dead to the world:** to be so deeply asleep that almost nothing will wake you]

*By the time we got home, the kids were fast asleep in the back of the car.*

*Apparently, it was one of the worst storms we've ever had, but I was dead to the world. I didn't hear a thing.*

**to toss and turn all night:** to spend the night moving and changing position in bed and trying to get to sleep

*She spent the whole night tossing and turning - she couldn't get what he had said off her mind.*

**to tuck sb in:** to make sb comfortable in bed by arranging the sheets and blankets around them

*Every night my mother would tuck us in, give us a goodnight kiss and then turn the lights off.*

**to turn in:** to go to bed

*Good night, everyone. I'm turning in for the night.*

**an unmade bed:** if a bed is unmade, the sheets, blankets or the duvet have not been arranged and tidied since sb last slept in it

*It was the worst hotel we had ever been to. The lift was out of order, the tap leaked and the beds were unmade.*

**to be wide awake:** to be completely awake

*It was three o'clock in the morning. I'd gone to bed at half past twelve and I was still wide awake.*

**not to get a wink of sleep/not to sleep a wink:** not to sleep at all, especially used for not sleeping all night

*What with the baby crying and Stephen snoring like a steam train, I didn't get a wink of sleep last night.*



## Practice

1. Read the text below and decide which option (A, B, C or D) best fits each gap.

He was tired. He was 1) ..... His body felt as if it belonged to someone else. A long day's work and not a 2) ..... of sleep the night before. Flat life. The neighbour above stomping on his floor. A litany of thumps, punctuated by scrapes and crashes. Next door, World War Three (battle number forty-one), and a string of explosive movies below. All night, no let up - from the moment he had crawled into bed until the moment the alarm clock 3) ..... off.

So there he was. Headache, tired, 4) ..... off in front of the TV. Heavy-headed, eyes closing. The voice behind his eyelids was being contaminated by the insanity of sleep - *this chair is nice*, it said, *Why bother with your bed?* Foggy reason got the upper hand. It was time to 5) ..... in. He shuffled into the bedroom.

The real world. In his face. An 6) ..... bed. What had he expected? Crisp, clean sheets, the smell of freshly laundered linen? Someone to 7) ..... him in? Forget it. What he had, what was staring him defiantly in the face, was a lumpy mattress and a tangle of sheets. He sighed and 8) ..... the alarm, a reflex action - half past six. He fell into bed and went out like a 9) ....., the keen anticipation of endless waves of sleep

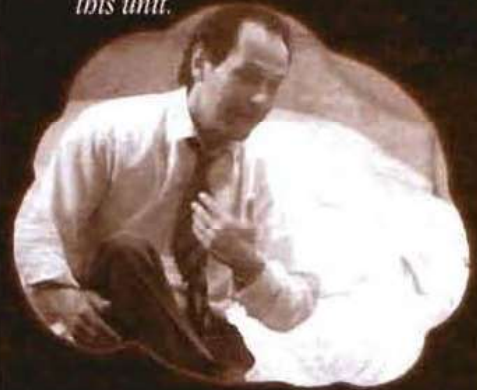
gently washing over him.

Two minutes had passed and he was sitting bolt upright, staring at the wall. Downstairs had bought a karaoke machine. Head under pillow, fingers in ears, feeble protest - none of it worked. Rod Stewart's Greatest Hits before dawn. Five o'clock. It was five o'clock and he was 10) ..... awake. All he had wanted was a 11) ..... night's sleep. He spent the next hour 12) ..... and turning, thinking about not thinking. Finally, he 13) ..... off into a fretful sleep. But it was sleep. Sweet sleep, sweet drea... BE... BE... BE... BEEP... BE... BE... BE... BEEP. Go away! Leave me alone, he thought, suddenly overtaken by a virulent hatred for all things with hands and cogs. Sleep logic took over. "You can have another fifteen minutes. You don't need the alarm. You'll wake up," it whispered temptingly.

He woke up two hours later. He'd 14) ..... No breakfast, no shower, no nothing. Five minutes and he was out the door. Taxi. Where were the taxis? No taxis. And where were the people? No people. No noise. No nothing. Crumpled, dishevelled, bleary-eyed, he paused, he thought - It was Saturday! He didn't work on Saturdays. Perhaps he could go back to bed...

- |               |              |              |             |
|---------------|--------------|--------------|-------------|
| 1 A shattered | B crumbled   | C broken     | D fractured |
| 2 A dash      | B wink       | C stroke     | D blink     |
| 3 A called    | B sounded    | C tripped    | D went      |
| 4 A nodding   | B flaking    | C sinking    | D falling   |
| 5 A turn      | B hit        | C crash      | D fold      |
| 6 A untouched | B undone     | C unravelled | D unmade    |
| 7 A wrap      | B roll       | C pack       | D tuck      |
| 8 A fiddled   | B set        | C determined | D put       |
| 9 A flame     | B bulb       | C light      | D lamp      |
| 10 A wide     | B fully      | C sound      | D bolt      |
| 11 A good     | B quality    | C positive   | D thorough  |
| 12 A rolling  | B tossing    | C dozing     | D flipping  |
| 13 A set      | B slumbered  | C drifted    | D fell      |
| 14 A lain in  | B slept over | C slept in   | D overslept |

2. The phrases in bold in the sentences below have not been used correctly. Explain why they are incorrect and replace them with an appropriate word/phrase related to sleep from this unit.



- Goodness, is that the time? I must have **slept over**!
- I'm going to **have a lie-in**. I've got a plane to catch first thing tomorrow morning.
- Henry decided not to go out with his friends that night, as he was **flaked out**.
- Grandad **went out like a light** in the armchair.
- The shrill sound which hit Julie's ears was her alarm clock **nodding off**.
- If you **tuck in** all night, you feel terrible in the morning.
- She lay there, **sound asleep** all night, wondering what to do.

