SLEEP and DREAMS

Questions: What time do you usually go to bed? Do you get enough sleep?

Complete the 15 sentences with the words on the left.

1. I love to stay up very late and watch TV or surf the Net. All my friends call me a ________________.
2. When I worry too much about my school grades, I have ________________. I can’t sleep very well.
3. My ________________ is really very loud. It wakes me up, and it also wakes my neighbors up!
4. I often sleep late, or ________________, on weekends.
5. Watching scary movies gives me ________________s.
6. Yes, he is ________________. I can hear him snoring.
7. My classmate is a ________________. He loves to get up at 6:00 every morning and exercise before class.
8. In many countries, it’s common to sleep for a short time in the afternoon. Do you ever ________________?
9. When I feel sleepy, I open my mouth very wide and I ________________.
10. I always go to bed at 10:30 pm, but our son is only four years old, so his ________________ is at 8:30.
11. I have to get up at 7:00 tomorrow morning. I hope I don’t ________________ and get up at 7:30.
12. Getting enough sleep is very important. I usually go to bed at 10 pm and I ________________ at 6 am.
13. I wake up at 6 am, but I don’t ________________ right away. I like to stay in bed for five or ten minutes.
14. It’s 11 pm. It’s time to ________________. It’s bedtime.
15. After I go to bed, I like to read a book for a while before I ________________.

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## WORD BANK

**Aim**  
Supplementary vocabulary building

**Level**  
Intermediate – Advanced

## ANSWER KEY

1. night owl
2. insomnia
3. alarm clock
4. sleep-in
5. nightmare(s)
6. asleep
7. morning person
8. take a nap
9. yawn
10. bedtime
11. oversleep
12. wake up (or ‘get up’)
13. get up
14. go to bed
15. fall asleep