

NAME: _____

DATE: _____

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.



A alarm clock *n.*
asleep *adv.*

B bedtime *n.*

F fall asleep *v.*

G get up *v.*

go to bed *v.*

I insomnia *n.*

M morning person *n.*

N nightmare *n.*

night owl *n.*

O oversleep *v.*

S sleep-in *v.*

T take a nap *v.*

W wake up *v.*

Y yawn *n., v.*

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 _____.

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