

Word Bank

SLEEP and DREAMS

Question: Which words below describe your sleeping habits?



- A** alarm clock *n.*
B alert *adj.*
asleep *adj.*
awake *adj.*
B bed *n.*
bedroom *n.*
bedtime *n.*
blanket *n.*
C caffeine *n.*
curtains *n.*
D dark *adj., n.*
disturb *v.*
dream *n., v.*
E energy *n.*
exhausted *adj.*
- F** fall asleep *v.*
G get enough sleep *phr.*
get up *v.*
get up early *phr.*
get up late *phr.*
“Good morning.”
“Good night.”
go to bed *phr.*
go to bed early *phr.*
go to bed late *phr.*
go to sleep *phr.*
H hibernate *v.*
I insomnia *n.*
K king size *adj.*
L lie down *v.*
light sleeper *n.*
M mattress *n.*
morning person *n.*
N nap *n., v.*
nightmare *n.*
night owl *n.*
nod off to sleep *phr.*
O oversleep *v.*
P pajamas *n.*
- pillow *n.*
Q queen size *adj.*
quiet *adj.*
R relax *v.*
relaxing *adj.*
rest *v.*
rested *adj.*
S sheet *n.*
sleep *n., v.*
sleep-deprived *adj.*
sleep-in *v.*
sleeping habits *n.*
sleeping pill *n.*
sleep walk *v.*
sleepy *adj.*
slippers *n.*
snooze button *n.*
snore *n.*
stay awake *v.*
T take a nap *phr.*
talk in (your) sleep *phr.*
tired *adj.*
W wake up *v.*
Y yawn *n., v.*

Aims Supplementary vocabulary building

Level Intermediate to Advanced

ANSWER KEY*My Notes*

Question: “Which words below describe your sleeping habits?”

Answers will vary.