

EVERYDAY LIFE

SLEEPING HABITS

Age: Teenager/Adults

Level: Upper intermediate (B2)

Time: 30 minutes +

Activity: In this lesson, students will:

1. match words related to sleep with areas of meaning;
2. match sleep words and expressions with their meanings;
3. match film titles with *sleep* in them to their leading actors.

Language focus: words related to sleep

Materials: one copy of the worksheet per student

PROCEDURE

To begin the class, ask students to discuss their sleeping habits in pairs (How long they sleep each night, what time they usually get up, etc). Then they should brainstorm any words or expressions they know related to sleep (*snooze*, *snore*, *dream*, etc).

Hand out the worksheets. Ask students to do exercise 1 in pairs. Check answers as a class or by getting students to look up the expressions they don't know in a dictionary.

Next, ask students to use the new vocabulary to write questions for each other about sleep. For example: Do you sleep like a log? Have you ever nodded off in the cinema? Then they ask each other their questions.

Key:

Sleep	A short sleep	Fall asleep	Things you do when you're asleep	Problems sleeping
get your beauty sleep; sleep like a log; get some shut-eye; have a kip; have a good night's sleep; hibernate	a siesta; a doze; a nap; a lie-down; forty winks; a snooze	doze off; drop off; nod off; go out like a light	snore; sleepwalk; dream; have a nightmare	toss and turn; insomnia; not sleep a wink

In exercise 2, students first look at the words and expressions and try to imagine what they mean. For example: what do they think a sleeping partner is? They could write a short definition of each word and expression.

Students then match the words and expressions with the definitions given. Were they right?

Key:

1. b; 2. k; 3. l; 4. h; 5. m; 6. f; 7. e; 8. i; 9. j; 10. a; 11. o; 12. c; 13. n; 14. g; 15. d

Ask students if *Sleepy Hollow* reminds them of anything. (Answer: It's the name of a film made by Tim Burton.) Ask if they've seen the film and if they can remember who the actors were. (Answer: Christina Ricci and Johnny Depp.)

See if students can think of any other film titles with the word *sleep* in them. Students then complete exercise 3, matching the titles with the leading actors and actresses. Check answers.

Discuss the films with the students. Do the films have the same or different titles in their language? What can they tell you about the films – the plot, setting, other actors, etc? Which of the films have they seen, and what did they think of them? Do they know any other films or TV series with the word *sleep* in the title?

Key:

1. h; 2. b; 3. a; 4. g; 5. e; 6. d; 7. c; 8. f

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WORKSHEET

EXERCISE 1: SLEEPTALK

All the words and expressions in the box below can be used to talk about sleep. What do you think they mean? Match them with the areas of meaning in the table. Use a dictionary to help you if you need to.



- | | | | |
|---------------------------|------------------|---------------------|---------------|
| a siesta | a doze | doze off | toss and turn |
| get your beauty sleep | snore | sleepwalk | a lie down |
| sleep like a log | insomnia | dream | a nap |
| get some shut-eye | not sleep a wink | have a kip | nod off |
| drop off | have a nightmare | forty winks | a snooze |
| have a good night's sleep | hibernate | go out like a light | |

Sleep expressions	A short sleep	Fall asleep	Things you do when you're asleep	Problems sleeping

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WORKSHEET

EXERCISE 2: SLEEP WORDS AND EXPRESSIONS

Here are some words and expressions connected with sleep. Match the numbers 1–15 with the definitions a–o. Again, use a dictionary to help you if you need to.



1. sleeping car
 2. sleeping pill
 3. sleeping partner
 4. sleeping bag
 5. sleepy-head
 6. sleepy hollow
 7. sleep rough
 8. sleeper
 9. sleeping policeman
 10. put to sleep
 11. sleep it off
 12. sleep in
 13. sleep on it
 14. sleep with
 15. lose sleep over it
- a. kill an animal to stop it suffering
 - b. a train carriage with beds in it
 - c. get up late
 - d. worry about something
 - e. sleep or live outside
 - f. a quiet place
 - g. have sexual relations with
 - h. what you sleep in when you go camping
 - i. a simple ring you wear in your ear
 - j. a bump in the road that forces cars to drive slower
 - k. medication that you take to help you sleep
 - l. someone who puts money into a business but doesn't do any work
 - m. a lazy or sleepy-looking person
 - n. think about something before making a decision
 - o. to recover from a hangover by sleeping

EXERCISE 3: SLEEPY FILMS

Here are the titles of eight films with the word sleep in the title. Can you match them with the leading actors and actresses in each film?

1. *Sleepless in Seattle*
 2. *While You Were Sleeping*
 3. *Before I Go To Sleep*
 4. *The Big Sleep*
 5. *Sleeping Beauty*
 6. *Sleeper*
 7. *Sleepy Hollow*
 8. *Sleeping with the Enemy*
- a. Nicole Kidman and Colin Firth
 - b. Sandra Bullock and Bill Pullman
 - c. Johnny Depp and Christina Ricci
 - d. Woody Allen and Diane Keaton
 - e. Princess Aurora and Prince Phillip
 - f. Julia Roberts and Patrick Bergin
 - g. Humphrey Bogart and Lauren Bacall
 - h. Meg Ryan and Tom Hanks