

Sleep and dreams Verbs of movement

A Sleep and dreams



Young children often don't want to go to bed at their proper **bedtime**. Teenagers often like to **stay up late**. Older people sometimes **take a nap** in the afternoon. But for everybody, it's important to **get a good night's sleep**.



stay up late

take a nap

get / have a good night's sleep



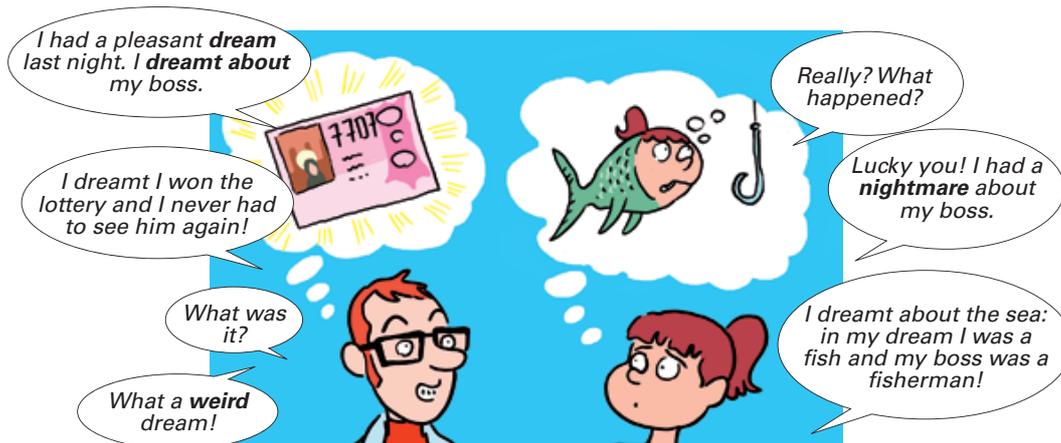
lie awake

be exhausted

feel sleepy

fall asleep

wake up



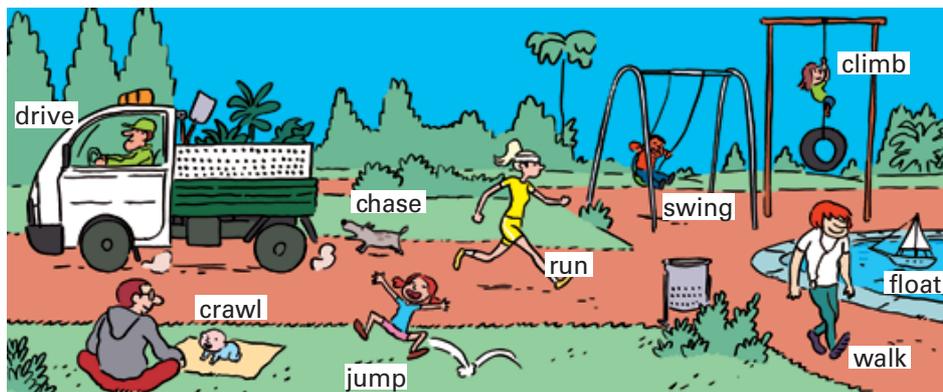
We can dream while we are awake. We call this **daydreaming**.

People who walk in their sleep are **sleepwalkers**.

People who can't sleep have **insomnia** and take **sleeping pills** to help them.

When someone is going to bed you can say '**sweet dreams**'.

B Verbs of movement



1 Completa las frases con las palabras y expresiones del recuadro.

feel sleepy lies awake siesta bedtime exhausted fall asleep nap
snoring wake up a good night's sleep stay up late

- 1 It's not my It's only 11 o'clock!
- 2 My wife says she can't sleep because of my!
- 3 Teenagers like to and watch films on TV.
- 4 I think I'll have a quick in the garden.
- 5 If I have a in the afternoon, I can't sleep at night.
- 6 Sheila felt totally refreshed after
- 7 I usually on the bus on the way home.
- 8 Paul in bed at night because he has lots of problems.
- 9 I early every morning.
- 10 If you when you are driving you should stop to rest.
- 11 I am so I could sleep standing up.

2 Ordena el diálogo entre Sean y Liam escribiendo la letra apropiada.

- | | |
|---|---|
| (a) S: Hi Liam. Wow, you look exhausted. | (g) L: I dreamt I was a famous footballer. |
| (b) S: OK, I see. Well, I had a weird dream too. | (h) L: I am. |
| (c) S: Oh yeah? What was it? | (i) L: I had a nightmare last night. |
| (d) S: So what's so bad about that? | (j) L: That's not a dream! That's a nightmare! |
| (e) S: What happened? | (k) L: What was your dream? |
| (f) S: I dreamt I was the Prime Minister. | (l) L: I missed a penalty in the final of the
Champions! |

1 a 2 h 3 4 5 6 7 8 9 10 11 12

3 Completa los huecos con las palabras y elige la opción correcta para completar las frases.

- 1 When you , ...
a) you are sleeping b) you are awake c) you sleepwalk.
- 2 People take sleeping when they ...
a) are nervous b) have a cold c) can't sleep.
- 3 A is a person who ...
a) walks around while they are asleep
b) takes exercise before they sleep
c) walks with people to help them sleep.
- 4 People say ' dreams' to someone ...
a) at bedtime b) before they eat c) after they wake up.
- 5 When a person has , he or she ...
a) is depressed b) can't sleep c) can't eat.

- daydream
- insomnia
- pills
- sleepwalker
- sweet

4 Completa la historia con las palabras del recuadro. Pon los verbos en el tiempo correcto (present simple, past simple o past continuous).

climb swing jump run walk drive crawl chase nap about pill stay

I often have problems to get to sleep, especially when I (1) up late or if I take a long (2) in the afternoon. Sometimes I need to take a sleeping (3), but then I get nightmares and I dream (4) really weird things. Just last night I dreamt I was a monkey. I (5) out of bed and (6) to the park. I (7) on the grass and I (8) up a tree. I (9) on a gate when a zoo warden (10) into the park. He was carrying a net. He (11) me and finally caught me. We (12) to the zoo in his van when I woke up!