

# Sleep and dreams Verbs of movement

## A Sleep and dreams



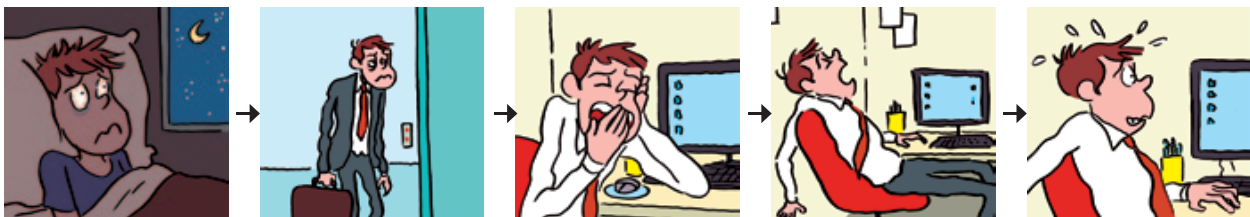
Young children often don't want to go to bed at their proper **bedtime**. Teenagers often like to **stay up late**. Older people sometimes **take a nap** in the afternoon. But for everybody, it's important to **get a good night's sleep**.



stay up late

take a nap

get / have a good night's sleep



lie awake

be exhausted

feel sleepy

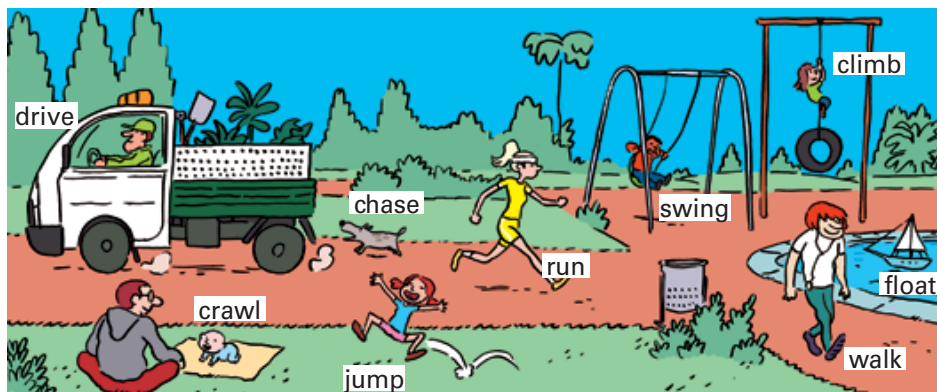
fall asleep

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: <del>Hi Liam. Wow, you look exhausted.</del> | (g) L: I dreamt I was a famous footballer.                  |
| (b) S: OK, I see. Well, I had a weird dream too.    | (h) L: <del>I am.</del>                                     |
| (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<br>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!