



## Sleep

*Essential words to know which your teacher will explain to you.*

(Image borrowed from <https://www.health.harvard.edu/blog/strategies-to-promote-better-sleep-in-these-uncertain-times-20200327193331>)

tired	snores	night owl	dream
overslept	nap	light sleeper	sleep in
mattress	yawning	sleepwalker	early bird
nightmare			

1. I am a **light sleeper**. The moment somebody walks into my room, I'm awake!
2. Mary is a student at the university. She sometimes takes a **nap** on the bus on the way to the university. She **sleeps in** on a Sunday morning.
3. The flight attendant says she is constantly **tired** as she works shifts and her body never knows whether it is night or day.
4. I am an **early bird**. The best time for me is 5 a.m.
5. I am sorry for **yawning**. I haven't slept well for the past two evenings.
6. I was late for my appointment yesterday morning. I completely **overslept**. I did not even hear my alarm clock ringing!
7. Henry **snores** a lot. I cannot share a room with him.
8. We bought a new **mattress** for our bed. It is wonderful to sleep on.
9. I wish I could remember my **dreams**. They mean something.
10. I think it is quite dangerous when you're a **sleepwalker**. What if you open your front door and go outside in the middle of the night?
11. Sally is a **night owl**. She doesn't get into bed until after midnight. Then she cannot get up in the morning.
12. Wow, I am so glad I'm awake. I had a terrible **nightmare**.