

Sleep and Dreams



This week...

Scott is looking very tired and sleepy. Tina is asking him if he is feeling OK and if he had enough sleep the night before.

Lesson Targets

- Talking about sleeping habits
- Talking about dreams and nightmares

Daily English Conversation

Advanced Class

Warm Up – Topic Question



On average, how many hours of sleep do you get per night?

Picture Description

Where are they and where are they going?



What is the boy holding?

Where have they been?



Tina	You look tired. Did you get enough sleep last night ?
Scott	Actually, I didn't sleep well. I couldn't stop tossing and turning.
Tina	Is there something bothering you these days?
Scott	Not really. It may have had something to do with the two cups of coffee I had before bed.
Tina	That might be it. How many hours sleep do you think you got?
Scott	Probably around three hours. After finally falling asleep I dreamt that I was getting married to my co-worker, Chloe.
Tina	The one you don't like? Sounds more like a nightmare to me!
Scott	Yes, it was! I wish it was you and not her! If you don't mind , I think I'm going to take a nap on your sofa.



Did you get plenty of
sleep last night?

1. Did you last night?
2. It may have had something to do with
3. I dreamt that I was
4. If you don't mind,



Role Play – Getting Better Sleep

Student A has noticed that Student B looks very tired these days and is suggesting some ways for him/her to get better sleep.



A: You seem quite tired lately.

B: I haven't been sleeping well.

Key Phrases

- Is there something bothering you these days?
- How many hours are you sleeping at night?
- Why don't you?
- I'm not exactly sure why I'm not sleeping well.
- I have only been sleeping hours.
- That sounds like a good idea.
- I might try that.
- *Other*

Methods

- avoid eating before bed
- get more exercise
- avoid afternoon naps
- read a book
- listen to an audiobook
- drink less coffee during the day
- try daily meditation
- *other*

* Choose a topic below and tell a short story that is either true or not true. The other students in the class and the teacher ask one question each about the story. Then they guess whether your story is true or false.



1. I was unable to sleep well last night.
2. I fall asleep quite easily and quickly.
3. I had a strange dream recently.
4. I usually don't remember my dreams.



- Can you recall any dreams or nightmares that you've had recently?
- Do you ever have trouble sleeping?
- Do you use, or have you ever used, any special methods that help you get to sleep?

Ask the Teacher



- Do you sometimes take a nap at lunchtime or another part of the day?
- How many of hours sleep do you generally need per night?
- (Ask a different question related to the topic)

- bothering - *Is anything **bothering** you?*
- enough - *I didn't sleep **enough** on the weekend.*
- dreamt - *I **dreamt** that I was flying last night.*
- nap - *I often take a **nap** at lunchtime.*
- nightmare - *Do you ever have **nightmares**?*
- strange - *I had a very **strange** dream the other day.*
- trouble - *I have had a lot of **trouble** sleeping lately.*