

# 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.

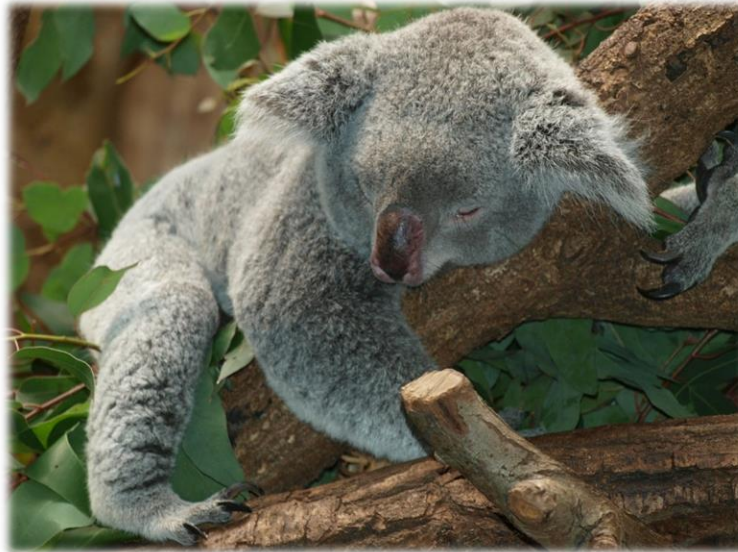
## Lesson Targets

- Talking about sleeping habits
- Talking about dreams and nightmares

## Daily English Conversation

**Basic Class**

## Warm Up – Topic Question



How many hours do you usually sleep at night?

Where are they  
and where are  
they going?



A



B

What is the boy holding?

\*Create a short story  
using the following format

1. Who
2. Where
3. When
4. What's happening?

\*Create a simple sentence using these words.

1. tired
2. sleep
3. hours
4. nap

I am so **tired**. I think I'm going to take a **nap**.



1. **Did you** go out with your friends **last night**?
2. **Actually, I** didn't go to bed until 3 am.
3. **I had** a snack **before going to bed**.
4. **Why don't you** take a nap if you are sleepy?



- Words
- Phrases

<b>Tina</b>	You look <b>tired</b> . <b>Did you</b> sleep OK <b>last night</b> ?
<b>Scott</b>	<b>Actually, I</b> didn't <b>sleep</b> well.
<b>Tina</b>	Why not?
<b>Scott</b>	I'm not sure. Maybe because <b>I had</b> two cups of coffee <b>before going to bed</b> .
<b>Tina</b>	That might be the reason. How many <b>hours</b> sleep do you think you got?
<b>Scott</b>	About three hours.
<b>Tina</b>	That's not enough! <b>Why don't you</b> take a <b>nap</b> on my sofa?
<b>Scott</b>	That sounds like a great idea!

Let's create sentences using your own words!

1. Did you ..... last night?
2. Actually, I .....
3. I had ..... before going to bed.
4. Why don't you .....?

1. *Have you been having nightmares?*

- A: Yes, it always the same one.
- B: Yes, quite often recently.
- C: Yes, all the times.

2. *Did you drink alcohol before going to bed?*

- A: Yes, I don't drink alcohol.
- B: Yeah, I drank a lot.
- C: Only a glass of wine.

3. *Maybe you should try an audiobook for sleep?*

- A: I have never tried that before.
- B: Yeah, I should try to them out.
- C: Will it help me get on sleep?

4. *What helps you sleep?*

- A: Not eating before the sleep.
- B: Listening to soft musics.
- C: Reading a book for about 10 minutes every night.



# 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 tired lately.

**B:** I haven't been sleeping well.

Continue the conversation using **Methods** and the **Key Phrases** from below.

## Key Phrases

- Why aren't you sleeping well?
- How many hours are you sleeping at night?
- Why don't you ....?
- I'm not 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
- read a book
- listen to an audiobook
- drink less coffee during the day
- *other*



- Do you sometimes take a nap during the day?
- What do you usually do before going to bed?



- Do you sometimes take a nap at lunchtime or another part of the day?
- How many of hours do you usually sleep at night?

about ~くらい - *I went to bed **about** 2 am.*

enough 十分 - *Did you eat **enough** for dinner?*

dream 夢 - *I had a wonderful **dream** last night.*

hours 時間 - *I only slept four **hours** last night.*

nap 昼寝 - *I am going to take a **nap** this afternoon.*

sleep 寝る - *I want to go to **sleep** early tonight.*

sleepy 眠い - *I am feeling very **sleepy** today.*