

Sleep and Dreams



This week...

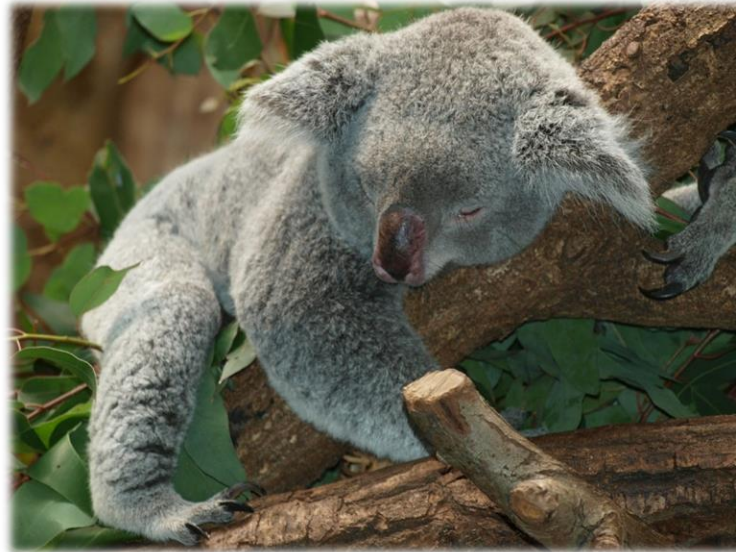
Scott is looking very tired and sleepy. Tina is asking him if he is feeling OK and if he had enough sleep the night before.

Lesson Targets

- Talking about sleeping habits
- Talking about dreams and nightmares

Daily English Conversation

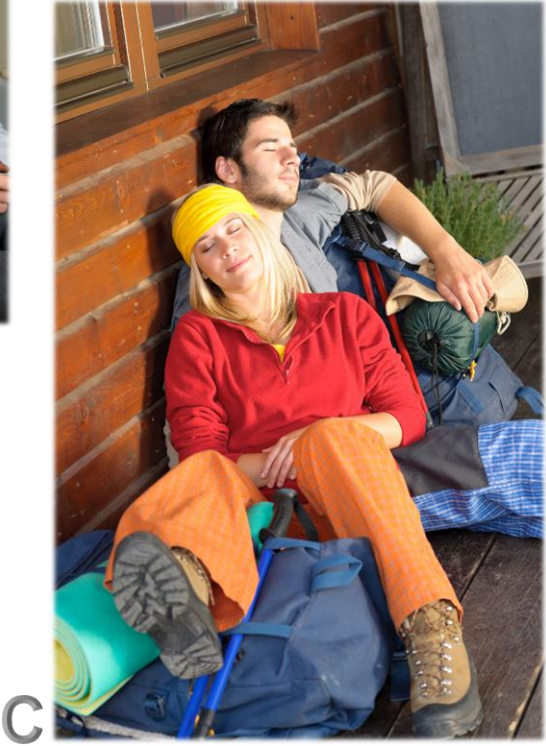
Super Class



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

Picture Description

Where are they and where are they going?





* Choose the most appropriate meaning of the word from the four options.

1. bothering

- delightful
- invigorating
- bugging
- encouraging

4. restless

- unflappable
- composed
- collected
- fidgety

2. hardly

- scarcely
- frequently
- periodically
- generally

5. sleep

- consciousness
- shut-eye
- rousing
- wakefulness

3. finally

- hesitatingly
- ultimately
- inconclusively
- tentatively

6. stressed

- tolerant
- permissive
- nonchalant
- burden



Tina	You can't stop yawning. Did you get enough sleep last night?
Scott	Actually, I had a restless night . I couldn't stop tossing and turning .
Tina	Are you feeling stressed? Is there something bothering you?
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. It looks like you hardly slept at all . 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 can't stand? 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.





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

Key Phrases

- You seem quite tired recently.
- Are you getting enough sleep?
- Is there something bothering you these days?
- Why don't you?
- I haven't been sleeping very well.
- I have had a few restless nights lately.
- 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*



- 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)



People should get at least 7 to 8 hours of sleep every night.

A

Agree

B

Disagree