

“Sweet Dreams” Worksheet.

Instructions:

1. Do the worksheet on the next slides in your notebooks.
2. Take your time. There is no need to rush.
3. Remember to do the **LMS Quiz entitled “Grammar Point Review.”**
4. **This is your attendance for the LMS hour! It is due Friday at 4pm!**

Choose the correct expressions to complete these sentences.

- I'm worried about something, I usually go to sleep instantly. (because/provided that/unless)
- I have very vivid dreams, I rarely remember the details later. (even if/provided that/since)
- I sleep well, I usually wake up feeling rested. (even if/provided that/unless)
- I'm feeling ill or run-down, I don't like to go to sleep early. (provided that/since/unless)
- I'm a night owl, I never go to sleep early. (even if/since/unless)

Use the information in the box and the expressions in parentheses to write sentences.

- I automatically wake up at six o'clock every morning.
- My alarm clock fails to go off.
- I've slept well the night before.
- I sleep very soundly.
- I have too many things on my mind.
- I'm completely exhausted.
- I feel tired in the afternoon.



- Sometimes I have trouble sleeping. (even if)
Sometimes I have trouble sleeping, even if I'm completely exhausted.
- I always feel great in the morning. (provided that)
- My neighbors don't wake me up. (since)
- I never oversleep in the morning. (unless)
- I never take a nap. (even if)
- I almost never use an alarm clock. (since)
- I fall asleep easily. (unless)

Answer these questions using clauses with *because/since, provided that, even if, or unless*.

- Do you ever have insomnia, or do you fall asleep as soon as you lie down?
I usually fall asleep as soon as I lie down unless I'm very worried about something.
- Do you snore or sleep like a baby?
- Do you sleep like a log all night, or do you toss and turn?
- Are you usually drowsy or wide-awake when it's time to go to sleep?
- Do you ever sleepwalk, or are you a sound sleeper?
- Are you usually alert or still sleepy when you first get up in the morning?
- Do you always need eight hours of sleep a night, or can you survive on less?

Correct the vocabulary mistakes by rewriting these sentences with one of the words in the box.

chronic	long
heavy	loud
horrible	vivid

- He's such a strong sleeper that he never hears anything after he falls asleep.
He's such a heavy sleeper that he never hears anything after he falls asleep.
- I had a really visible dream last night.
- If you take a big nap, you might feel drowsy when you wake up.
- She had a sad nightmare and woke up screaming.
- His insomnia is never ending.
- Does noisy snoring wake you up?

Don't forget the last page!

reading

A Read the article quickly to find the answers to these questions. Then read the article again carefully.

1. What causes snoring?
2. What is sleep apnea?

The Problem with SNORING

If you don't snore now, you probably will. The majority of men and women over forty snore. In most cases, weight gain is the cause of chronic snoring. However, a third of the people who start snoring in middle age have no problem with their weight. As we get older, the muscles in our throat lose their tone so that they vibrate as air passes over them. The result is snoring.

Snoring can cause serious problems in a relationship, but even more importantly, snoring is associated with some serious medical problems. People who snore are at greater risk for high blood pressure and heart disease. Moreover, snoring can lead to a

condition called sleep apnea. A person with sleep apnea actually stops breathing for several seconds and then wakes up breathless. This can happen hundreds of times a night, but often the person has no memory of these episodes in the morning. The condition is dangerous. Every year, 38,000 people die of sleep apnea because they do not wake up in time. People with serious sleep apnea do not get much sleep, and during the day they feel very tired. This is usually what leads them to seek medical help.

If you're a snorer who is very sleepy during the day but believe you sleep well at night, you may have sleep apnea and should get medical advice.

If your only problem is snoring, though, here are a few things that might help:

- ★ Sleep on your stomach or side instead of your back. (Most

snoring occurs when you sleep on your back.) If necessary, sew a tennis ball to the back of your pajamas. This will wake you up when you roll onto your back.

- ★ Avoid alcohol and sleeping pills. These things may make you feel sleepy, but they actually disturb sleep and contribute to snoring.

- ★ If you need some help getting to sleep, try taking a bath before bed.

- ★ Lose some weight. Excess weight is the leading cause of snoring.

- ★ If you don't have insomnia, drink coffee or soft drinks that contain caffeine an hour or two before going to bed. Snoring is the strongest during deep sleep. Caffeine in your body will make your sleep lighter and your snoring less intense.

B According to the article, what should these people do and why?

1. Cristina thinks she sleeps well, but she feels tired and sleepy all day.
Cristina should seek medical help because she may suffer from sleep apnea.
2. Kate sleeps on her back and snores loudly through the night.

3. Rick always has a couple of drinks before bed to help him sleep.

4. Angel sleeps deeply and then starts snoring loudly.

Exit Task:

1. Don't forget your **LMS** quiz entitled
“Grammar Point Review.”
2. It is due on **Friday at 4pm!**