"Sweet Dreams" Worksheet.

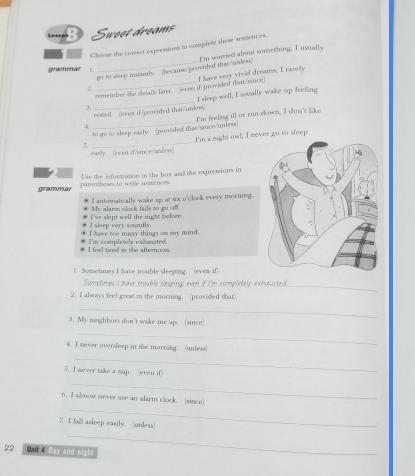
Instructions:

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!



grammar A

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?

 usually fall asleep as soon as 1 lie down unless I'm very worried about something.

2. Do you snore or sleep like a baby?

3. Do you sleep like a log all night, or do you toss and turn?

4. Are you usually drowsy or wide-awake when it's time to go to sleep?

5. Do you ever sleepwalk, or are you a sound sleeper?

6. Are you usually alert or still sleepy when you first get up in the morning?

7. Do you always need eight hours of sleep a night, or can you survive on less?

vocabulary

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.

2. I had a really visible dream last night.

3. If you take a big nap, you might feel drowsy when you wake up.

4. She had a sad nightmare and woke up screaming.

5. His insomnia is never ending.

6. Does noisy snoring wake you up?

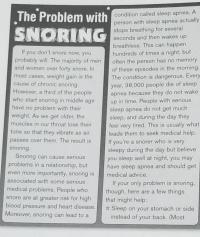




A Read the article quickly to find the answers to these questions. Then read the article again carefully.

reading

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



snoring occurs when you sle on your back.) If necessary, sen a tennis ball to the back of you pajamas. This will wake you un 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.

Let

- **B** According to the article, what should these people do and why?
- Cristina thinks she sleeps well, but she feels tired and sleepy all day. <u>Cristina should seek medical help because she may suffer from sleep apnea.</u>
- 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.

Don't forget the last page!

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Exit Task:

- 1. Don't forget your LMS quiz entitled
- "Grammar Point Review."

2. It is due on Friday at 4pm!