

## Zzz

1. Divide the expressions below into 3 categories. When you are finished, speak to your classmates and ask them to explain to you the definitions that you are unsure of, or the ones you have never heard of.

- \* A night owl
- \* A sleeping partner
- \* An early bird
- \* To be out like a light
- \* To get up at the crack of dawn
- \* To have a lie in
- \* To hit the sack
- \* To let sleeping dogs lie
- \* To lose sleep over something
- \* To sleep like a log
- \* To sleep on it
- \* To toss and turn

Easy peasy	Rings a bell	No clue

2. Complete the questions with the expressions from Exercise 1 and discuss them with your partner. You have been given the first letter of each word to make sure you don't read yourself to sleep.

1. Are you o\_\_\_\_\_ l\_\_\_\_\_ a l\_\_\_\_\_ as soon as your head hits the pillow or does it take you a while to fall asleep?
2. Do you think being a n\_\_\_\_\_ o\_\_\_\_\_ can have an adverse effect on your health?
3. If you set up your own business would you be happy for your mother/father-in-law to be your s\_\_\_\_\_ p\_\_\_\_\_?
4. What are the advantages of being an e\_\_\_\_\_ b\_\_\_\_\_?
5. When is it a good idea to let s\_\_\_\_\_ d\_\_\_\_\_ l\_\_\_\_\_?
6. When was the last time you l\_\_\_\_\_ s\_\_\_\_\_ o\_\_\_\_\_ something?
7. Would you rather get up a\_\_\_\_\_ the c\_\_\_\_\_ of d\_\_\_\_\_ every day or wake up whenever you want but have terrible nightmares a few nights a week?
8. Would you rather h\_\_\_\_\_ the s\_\_\_\_\_ at 4 pm every night or wake up at 5 in the morning every day?
9. Would you rather make decisions instantly or s\_\_\_\_\_ o\_\_\_\_\_ even the most insignificant decisions you are faced with every day?
10. Would you rather sleep 3 hours a day for the rest of your life and be a millionaire or h\_\_\_\_\_ a l\_\_\_\_\_ i\_\_\_\_\_ every day but never earn more than 15.000 euros in one year?
11. Would you rather sleep like a log for 4 hours or t\_\_\_\_\_ and t\_\_\_\_\_ for 8 hours each night?

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Night night, don't let the bedbugs bite.