

## Sleep

### Task 1 Sleep brainstorm

How many words can you think of connected to sleep? Write them in the space below.

<b>Sleep</b>

### Task 2 Find somebody who....

You're going to ask your classmates about their sleeping habits. Before you start, complete the two blank spaces with something you would like to find out.

Find somebody who...	Name	Extra information
... went to bed after midnight last night		
... has had a nightmare recently		
... overslept this morning		
... doesn't use an alarm clock to wake up		
... loves sleeping		
... has fallen asleep in public		
... sleepwalks		
... is tired today		
...		
...		

- Tell the rest of the group about what you discovered.

### Task 3 Sleep quiz

True or False?

- 1) Dolphins do not sleep.
- 2) Cows sleep and dream standing up.
- 3) It is impossible to sleep with your eyes open.
- 4) Fish close their eyes to sleep.
- 5) Sleep can be divided into different stages.

- Check the answers with your teacher. How many did you get right?
- Do you know any other strange facts about sleep?

#### Task 4 Sleeping habits phone-in

A local radio station asked their listeners to phone in with their comments about sleeping habits. Here is a selection of their calls.

**Philip** – I have a strange habit of falling asleep when I watch the television and it usually happens when I am watching something I am really interested in! The television seems to hypnotise me and I doze off really easily. Then when I go upstairs to bed I find I can't sleep and I usually listen to the radio for hours and hours during the night.

**Clare** – I have an eight month old baby and a 3 year old so I don't get much sleep at the moment. In fact, I can't remember the last time I had a whole night's sleep. Last night I think I had about 5 hours as the baby woke up three times. I go to work in the day so it can be difficult to stay awake when I haven't slept much.

**Rachel** – I love sleeping and really need to have about 9 hours sleep a night. I know some people survive on 4 or 5 but if I only have that much I am in a bad mood all day! Sleeping well is so important. I think most people don't realise how important it is to being happy.

**Angelo** – I work at night as a nurse. I go to work at 8pm and finish at 6am. I do that for four days then I have two days free. I have two daughters so it means that I can collect them from school and spend some time with them in the day. I have to sleep in the daytime when I can. At first it was difficult to get used to working nights and I found it hard to sleep in the day. Now I switch off the telephone, have heavy curtains to block out the light and I sleep quite well. My body has adjusted.

**Tony** – I usually sleep well but recently I've been having very strange dreams and they're beginning to disturb me. They always involve people I know in boats or aeroplanes! I didn't mind travelling before but now it makes me nervous.

**Rebecca** – I read in the paper the other day that most children in Britain don't sleep enough. They watch TV until late in the evening and then they are really tired at school. I'm a teacher and sometimes in the classes after lunch the students look as if they are about to fall asleep. They yawn a lot and look quite exhausted!

- Do you ever fall asleep in front of the TV?
- Did you sleep well when you were a young child?
- How many hours sleep do you need?
- How many jobs can you think of that have to work at night? Would you like to work at night?
- Do you usually remember your dreams?
- Have you ever fallen asleep in a class?
- What would you say if you called the radio station to tell them about your sleeping habits? Write your comments here.

**Task 5 Dream dictation**

You need a piece of paper and a pencil. Listen carefully to your teacher and draw what he or she describes to you.

Write about your dream here:

A large empty rectangular box with a black border, intended for drawing a dream.

**Task 6 Dream analysis**

- Do you think that our dreams have meanings?
- Have you ever had any strange dreams?
- Do you think you can interpret dreams to understand their meaning?

Here's your chance to find out. Listen carefully to your teacher's instructions and take part in the dream analysis game.