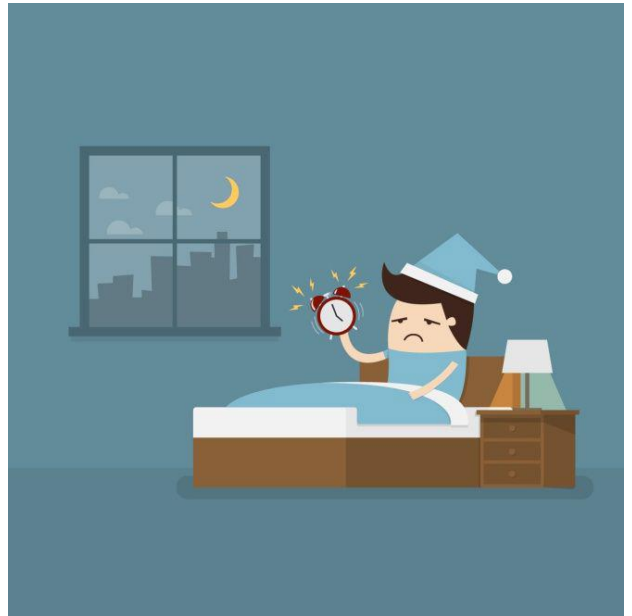


**WARM-UP**

**1. Choose the word you think completes the idiom:**

- a) When was the last time you slept like a *log/block*?
- b) Do you tend to sleep *soundly/clearly* or do you rather wake up a lot at night?
- c) Do you ever crash *in/out* on the sofa? Why?
- d) Do you know anyone who is a *soft/light* sleeper and wakes up at the slightest sound?
- e) What types of music or films *send/bring* you to sleep?
- f) Do you think taking a short *nap/cap* can make you more productive?



**2. Now, answer the questions in pairs.**

**GRAMMAR**

**3. Study the sentences below and match them.**

- |  |                               |
|--|-------------------------------|
| <i>I used to sleep a lot at the weekends.</i>  | It's not a problem for me.    |
| <i>I am used to getting up early.</i>          | I'm trying to do that.        |
| <i>I'm getting used to going to bed early.</i> | I was doing it few years ago. |

**4. Complete the sentences to the situations given below.**

*You can't sleep as you have a baby.*

I didn't use to \_\_\_\_\_

I used to \_\_\_\_\_

I'm getting used to \_\_\_\_\_

*You've won a lot of money in a lottery.*

I didn't use to \_\_\_\_\_

I used to \_\_\_\_\_

I'm getting used to \_\_\_\_\_

**5. Complete the sentences with the correct form of *use to/be used to/get used to* and the correct form of the verb in brackets.**

- I \_\_\_\_\_ 7 hours every day. I really like it. (sleep)
- I had to \_\_\_\_\_ early because of my work. I hated it at the beginning. (wake up)
- I \_\_\_\_\_ every morning before breakfast. It's really hard, but I'm trying. (jog)
- I \_\_\_\_\_ nightmares when I was a child. (have)

**6. In pairs, discuss which sentences in ex. 5 are true for you.**

#### VIDEO & DISCUSSION

**7. Watch the video and answer the questions:**

a) What are we addicted to in our lives?

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b) How many hours should we sleep to feel better according to the speaker?

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c) How can sleep be beneficial for us according to the speaker?

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d) What can we do to have a better sleep? List the ideas from the video.

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**8. Discuss these questions:**

- How many hours are you used to sleeping? Would you like to sleep more?
- Could you get used to leaving electronic devices like your mobile phone outside the bedroom?
- Have you ever tried meditation? Do you think it can make you feel better?
- Why nowadays do so many people brag about how little sleep they get?
- Are there more and more people who suffer from insomnia because of stress at work?