



LESSON 7. WHY DO WE SLEEP?



1. What time do you sleep?
2. How many hours per night do you usually sleep?
3. Do you think you're getting enough sleep?



Describe the picture.

What kind of dream do you think this is?

Vocabulary Building



Insomnia



Sleepwalker



Sleeptalker
Snoring



Siesta



Nap

Discuss the words

memories tired breath rest active forget buildup

1. My dog jumps around in the house.
2. There is a traffic at the end the highway.
3. You feelafter working hard.
4. Don't to carry an umbrella on a rainy day.
5. We to let air into our day.
6. Taking a nap is good way to
7. I have good in the summer.

Fill in the gaps.

Why Do We Sleep?



The sun goes down. It's dark outside. You feel **tired**. You want to go to sleep. All living things - from humans to bug - sleep every day.

Our bodies are like machines. We use them all day long. We keep moving and **breathing** with our bodies. But machines need to **rest** sometimes. So do our bodies. During sleep, our bodies rest. They **build up** energy for the next day. Our bodies slow down. Our hearts beat slowly, and muscles relax.

But our brains are still **active** while we are sleeping! Our brains remember what we did that day. When we sleep, our brains put the **memories** into the right places, or they throw some memories away. This is how we remember important things and forget about bad things.

Sometimes your mom gets angry if you sleep a lot. But now you can tell her your body is resting and your brain is trying to **forget** bad things!

- 1) **What is the passage mainly about?**
 - a. what our brains remember
 - b. how much we sleep
 - c. why we need to sleep
- 2) **Which part of the body is active during our sleep?**
 - a. The brain
 - b. Muscles
 - c. Ears
- 3) **According to the passage which is not true?**
 - a. Like machines, we use our body all day long.
 - b. Our brains keep all the memories during sleep.
 - c. Our bodies build up energy during sleep.
- 4) **During our sleep, our hearts beat slowly, and our muscles _____?**
 - a. contract
 - b. relax
 - c. breathes
- 5) **Our brains put the _____ into the right places during sleep.**
 - a. dreams
 - b. cells
 - c. memories

Choose the best answer.

Words and Phrases

Stay up – to remain awake and out of bed later than usual

Wake up – to rouse someone or something from sleep

Nod off – to fall asleep, usually while sitting up

Fill in the blanks with the correct phrase. Change the form of the words if necessary.

1. “I _____ at about 7am every morning” If you don’t wear a warm coat, you might _____.
2. “The lecture was so boring that I nodded off after the first 10 minutes!”
3. “I _____ all night last night watching movies!”

**Why is it
important to let
our brain rest
and forget bad
things?**



Idioms and Expressions

1. A sleepless night
2. To lose sleep over something
3. To be a heavy/light sleeper
4. Fast asleep
5. Wide awake
6. To sleep like a log
7. To toss and turn

- A. to sleep very deeply
- B. to be awake for most of the night trying to sleep.
- C. when you cannot sleep and you constantly change positions because you are not comfortable.
- D. when someone is in a very deep sleep.
- E. when you are in bed but your mind is alert and you do not feel tired.
- F. if you are a heavy sleeper you are not easily woken, even by loud noises. A light sleeper will wake up even with small noises or distractions.
- G. when you cannot sleep because something is on your mind.

Match the Idiom with the correct meaning

Question tags are used in English as a simple way of asking questions in conversation.

Question tags go at the end of a sentence and we use positive ones to finish a negative sentence and, conversely, we use negative ones to finish off positive sentences.

- *That was a great meal, wasn't it?*
- *Tony is married, isn't he?*
- *She isn't very pretty, is she?*
- *They don't smoke much, do they?*

To form the question tag, you must use the same auxiliary verb that is used to make the question form of the relevant tense.

The **continuous tenses** use "be":

You were fishing yesterday, weren't you?

I'm doing this correctly, aren't I?

The **simple tenses** use "do":

You went to the cinema yesterday, didn't you?

She loves her wine, doesn't she?

The **perfect tenses** use "have":

He's never been out of the country, has he?

I've been accepted, haven't I?

And the **modals** stay the same:


They shouldn't make that strange noise, should they?

You can't come out tonight, can you?

We'll see you tomorrow, won't we?

The meaning of question tags can change slightly depending on whether your voice rises or falls at the end of a sentence. **If your voice falls**, you are only checking information, confirming what you already believe. **But if your voice rises** on a question tag, this makes it more of a real question.

1. She's from a small town in China,?
2. They aren't on their way already,?
3. We're late again,?
4. I'm not the person with the tickets,?
5. Julie isn't an accountant,?
6. The weather is really bad today,?
7. He had met him before,?
8. We don't watch much TV,?
9. I like chocolate very much,?
10. They need some new clothes,?
11. They couldn't hear me,?
12. You won't tell anyone,?
13. She should get the job,?
14. I'm the fastest,?
15. They've gone away for a few days,?

A blue speech bubble with a white outline, containing the text 'It's a tag question, isn't it?' in a white, italicized, sans-serif font.

It's a tag question, isn't it?

Complete the sentences

Question Tags – Negative Tag ✨

1. This isn't your pen,?
2. You don't want this book,?
3. This food isn't very nice,?
4. He doesn't work,?
5. They aren't happy,?
6. I'm not good at this,?
7. You don't like shopping,?
8. We aren't late,?
9. She doesn't smoke,?
10. It isn't a very nice day,?
11. You won't see her,?
12. She can't cook,?
13. The dogs aren't hungry,?
14. Andrew shouldn't eat peanuts,?
15. You don't feel good,?

+ **-**
You live in Spain, don't you?

- **+**
You don't live in Spain, do you?

Complete the sentences

1. good / A / sleep / night
2. helps / Sleep / your / body / repair
3. heart / keep / helps / your / healthy / Sleep
4. and / reduces / stress / your / memory / Sleep / improves
5. weight / helps / issues / body / Sleep / control
6. disorders / occurrence / of / reduces / the / mood Sleep
7. chances / diabetes / reduces / Sleep / your / of
8. fragile / less / emotions / are / Your
9. and / health / longevity / Promotes / physical
10. and / ability / learn / retain / Strengthens/ information / to

Arrange the sentences in correct order.

1. Do you always get enough sleep?
2. How do you feel if you don't get your regular amount of sleep?
3. Why do you think babies need much more sleep than adults?
4. Do you think sleep is a waste of time?
5. Have you ever had problems sleeping?
6. Have you ever experienced insomnia?
7. What do you think causes insomnia?
8. What do you do if you cannot get to sleep?
9. Can you sleep anywhere?
10. Are you a heavy or light sleeper?
11. A siesta is popular in some countries. Do you take one?

Three Swedish switched
witches watch three Swiss
Swatch watch switches.

Which Swedish switched
witch watch witch Swiss
Swatch watch switch?



The End