



### Teacher's guide

#### Sleep & Rest – Intermediate (B1-B2)

Canva Presentation Link: [Sleep & Rest \(Updated\)](#)

Editable Presentation Link: [Sleep & Rest \(Updated\)](#)

Editable Worksheet Link: [Student Worksheet: Sleep & Rest \(Updated\)](#)

## Discussion

**Part 1.** Students discuss the questions.

**Part 2.** Students choose the option that feels more like them and explain why.

## Vocabulary & speaking

**Part 1.** Students match each word/phrase to its correct definition.

### Answer Key:

1. Insomnia
2. Sleep hygiene
3. Circadian rhythm
4. REM sleep
5. Sleep deprivation
6. Power nap
7. Sleep quality
8. Bedtime routine

**Part 2.** Students discuss the questions.

**Part 3.** Students match each phrasal verb to its correct definition.

### Answer Key:

1. Lie in
2. Wind down
3. Nod off
4. Rest up
5. Stay up
6. Catch up on
7. Crash out
8. Wake up

**Part 4.** Students create a short story using at least four of the phrasal verbs.

### Example:

"I stayed up binge-watching a series, crashed out at 3 a.m., then tried to catch up on sleep all weekend."

**Part 5.** Students match each idiom to its correct definition.

### Answer Key:

1. Hit the hay

2. Sleep like a log
3. Pull an all-nighter
4. Get your beauty sleep
5. Out like a light
6. Recharge your batteries

**Part 6.** Students complete the sentences with their own ideas.

**Part 7.** Students choose the option they would rather.

## Reflection

Students discuss the questions.

## Wrap-up task (optional homework)

Students write a short paragraph "My Sleep Reset Plan." Students describe one habit they'll change to improve their sleep and use at least four vocabulary items, four phrasal verbs, and two idioms from this lesson.