

Part 1. Read the four sentences. Do you do the same things? Tell your partner.

"I go to bed at the same time every night."	"I check my phone right before I sleep."
"I never feel tired in the morning."	"I drink coffee in the evening."

Part 2. Choose one option in each pair and explain your choice.

Going to bed early	or	going to bed late?
Waking up with an alarm	or	waking up naturally?
Sleeping with the light on	or	sleeping with the light off?
Taking a nap in the day	or	never napping?
A quiet bedroom	or	some noise in the background?
Sleeping well before a busy day	or	sleeping badly before a busy day?

Part 3. Read the statements. Which are true for you? Tell your partner.

- I go to bed at a different time every night.
- I sleep for more than seven hours most nights.
- I feel tired when I wake up.
- I use my phone in bed before I sleep.
- I drink coffee or tea in the evening.
- I sleep better at the weekend than in the week.

Part 4. Look at the phrases below. You will use these to talk about sleep and give advice.

I usually go to bed... — I usually go to bed quite late, around midnight.

I get up... — I get up early on weekdays, but late at the weekend.

I sleep for about ... hours a night — I sleep for about six hours a night, which isn't enough.

I find it hard to fall asleep — I find it hard to fall asleep when I'm stressed.

I wake up in the night — I often wake up in the night and can't get back to sleep.

You should try to... — You should try to relax before bed.

You could... — You could turn off your phone earlier in the evening.

Why don't you...? — Why don't you go to bed a bit earlier?

Maybe you need... — Maybe you need a proper bedtime routine.

It might help to... — It might help to avoid coffee in the evening.

Try to... — Try to keep the same sleep time every day.

Part 5. Read the dialogue between two friends. Which phrases from Part 4 can you find?

A: I'm so tired today.

B: Really? What time did you go to bed?

A: Quite late again. I find it hard to fall asleep.

B: You should try to relax before bed. Maybe read a book.

A: I usually check my phone instead.

B: Why don't you turn off your phone a bit earlier?

A: That's a good idea. I'll try tonight.

Part 6. Complete the sentences with a phrase from the box. There is one extra phrase.

Should	Why don't	Usually go to bed	
Find it hard	Might help	Need	Could

- I _____ to fall asleep some nights.
- You _____ turn off your phone before bed.
- _____ you go to bed a bit earlier?
- It _____ to avoid coffee in the evening.
- I _____ at about the same time every night.
- Maybe you _____ a proper bedtime routine.

Part 7. Discuss the following questions.

- What time do you usually go to bed and get up?
- Do you sleep better on weekdays or at weekends?
- What helps you fall asleep?
- What stops you from sleeping well?

Part 8. Look at the things below. How often do they affect your sleep? Tell your partner: never, sometimes, or often.

Coffee or tea	Phone or screens	Naps in the day
Noise	Light	Weekend habits
Stress or worry	Exercise	Alcohol
Eating late at night	Travelling	Room temperature

Part 9. Read the situation. Choose the response closest to how you'd actually feel or behave. Then discuss what your choice reveals.

Your friend says they only sleep five hours a night, but they feel fine.

1. *You believe them. Some people need less sleep.*
2. *You don't believe them. You think they are just used to being tired.*
3. *You want to ask more questions about their routine.*
4. *You think about your own sleep, and it makes you feel a bit worried.*

Part 10. Work with a partner. Student A: describe your sleep routine and one problem you have with sleep. Student B: listen, then give Student A one piece of advice. Use phrases from Part 4. Then swap roles.

Reflection

Complete the sentences in your own words.

1. One thing I want to change about my sleep routine is...
2. The best time for me to go to bed is...
3. Something that helps me relax before bed is...
4. Tomorrow night, I am going to...