



Sleep & Rest

Intermediate (B1-B2)

WARM-UP DISCUSSION

Part 1. Discuss the following questions.

1. On a scale of 1–10 (10 = fully refreshed), how rested do you feel today?
2. Why did you choose that number?

Part 2. Choose the option that feels more like you and explain why.

1. ☀️ Early bird | 🌙 Night owl
2. 💤 Power nap | 😴 Full night's sleep
3. 🍵 Herbal tea before bed | 📱 Scrolling your phone
4. 🧘 Wake up slowly | 🏃 Jump straight up



VOCABULARY & SPEAKING

Part 1. Match each word/phrase to its correct definition.

Power nap	Insomnia	Sleep hygiene	Circadian rhythm
REM sleep	Sleep deprivation	Bedtime routine	Sleep quality

1. _____ Difficulty falling or staying asleep
2. _____ Habits that promote good quality rest
3. _____ Your body's natural 24-hour clock
4. _____ Deep sleep stage linked to dreaming
5. _____ Not getting enough sleep
6. _____ A short sleep (10–30 mins) to boost alertness
7. _____ How well and deeply you sleep
8. _____ Regular steps before bed

Part 2. Discuss the following questions.

1. **Power nap** – When was the last time you took one?
2. **Insomnia** – What causes it for you?
3. **Sleep hygiene** – What's one good or bad habit you have?
4. **Circadian rhythm** – When does your body naturally want to sleep?
5. **REM sleep** – Do you ever remember your dreams?
6. **Sleep deprivation** – What makes you lose sleep most often?
7. **Bedtime routine** – Describe it in 3 steps.
8. **Sleep quality** – How could you improve it this week?



Part 3. Match each phrasal verb to its correct definition.

Nod off	Crash out	Wind down	Lie in
Wake up	Stay up	Rest up	Catch up

1. _____ To sleep longer than usual in the morning
2. _____ To gradually relax before sleeping
3. _____ To fall asleep, often unintentionally
4. _____ To recover by resting
5. _____ To remain awake past your normal bedtime
6. _____ To make up for lost sleep
7. _____ To fall into a deep, sudden sleep from exhaustion
8. _____ To stop sleeping

Part 4. Mini Challenge - "The Sleepless Night"

Create a short story using at least four of the phrasal verbs above.

Example:

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

Then share: Which phrasal verb best describes your week?

Part 5. Match each idiom to its correct definition.

Get your beauty sleep	Hit the hay	Sleep like a log
Out like a light	Pull an all-nighter	Recharge your batteries

1. _____ To go to bed
2. _____ To sleep very soundly
3. _____ To stay awake all night to study or work
4. _____ To get the rest you need to look and feel your best
5. _____ To fall asleep instantly
6. _____ To rest so you feel energised again

Part 6. Complete each sentence with your own ideas.

1. The last time I had to **pull an all-nighter** was when...
2. I love weekends because that's when I can finally **recharge my batteries** by...
3. I was so tired once that I **fell out like a light** right after...
4. I usually **sleep like a log** after...
5. I can't function unless I **get my beauty sleep**, so I always...
6. When I'm exhausted, all I want to do is **hit the hay** and forget about...

Part 7. Would you rather...?

Sleep 4 hours a night but never feel tired	or	Sleep 10 hours but still feel sleepy?
Work nights forever	or	Wake up at 5 a.m. every day?
Never dream again	or	Remember every dream in detail?
Remember every dream in detail?	or	Always fall asleep instantly?

REFLECTION

Complete the sentences below.

1. Tonight, I'll try to...
2. This week, I'll avoid...
3. One habit that helps me rest is...

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write a short paragraph:

"My Sleep Reset Plan."

Describe one habit you'll change to improve your sleep and use at least four vocabulary items, four phrasal verbs, and two idioms from this lesson.