



Teacher's guide

Collocations: Sleep, Rest & Relaxation – Intermediate (B1-B2)

Canva Presentation Link: [Collocations: Sleep, Rest & Relaxation](#)

Editable Presentation Link: [Collocations: Sleep, Rest & Relaxation](#)

Editable Worksheet Link: [Student Worksheet: Collocations: Sleep, Rest & Relaxation](#)

Warm-up

Part 1. Students discuss the questions.

Definition matching

Part 1. Students match each word to its correct definition.

Answer key:

1. Quality
2. Refreshed
3. Routine
4. Environment
5. Insomnia
6. Sleeping
7. Nap
8. Breathing

Collocation matching

Part 1. Students match the verbs with the correct nouns/adjectives to form a collocation.

Answer key:

1. Take a nap
2. Feel refreshed
3. Establish a routine
4. Suffer from insomnia
5. Improve sleep quality
6. Create a calming environment
7. Have trouble sleeping
8. Practise deep breathing

Sentence gap-fill

Part 1. Students complete the sentences using the correct collocations.

Answer key:

1. take a nap
2. suffer from insomnia
3. improve sleep quality
4. have trouble sleeping
5. establish a routine
6. create a calming environment
7. practise deep breathing

8. feel refreshed

Sentence transformation

Part 1. Students rewrite the sentences using the target collocations so that the meaning stays the same.

Suggested answers:

1. I **have trouble sleeping** at night because I wake up too often.
2. She regularly **takes a nap** in the afternoon.
3. He **feels refreshed** after a short rest.
4. Many people **suffer from insomnia** during exams.
5. Avoiding screens at night **improves sleep quality**.
6. They **created a calming environment** in their bedroom.
7. You should **establish a routine** of regular bedtimes.
8. I **practise deep breathing** to relax my mind.

Tense challenge

Part 1. Students use the correct form of the collocation in brackets to complete each sentence.

Answer key:

1. will have established a routine
2. has been suffering from insomnia
3. took a nap
4. has felt refreshed/feels refreshed
5. have improved their sleep quality
6. created a calming environment
7. has had trouble sleeping
8. will practise deep breathing

Speaking

Part 1. Students answer the questions using the target collocations.