

A Good Night's Sleep

Pre-intermediate (A2-B1)



Part 1. Discuss the following questions.

- What time do you usually go to bed?
- What time do you wake up?
- How many hours do you sleep?
- Do you wake up in the night?
- How do you feel in the morning?



Part 2. Choose one option in each pair. Give a reason or example.

Go to bed early	or	stay up late?
Sleeping in complete silence	or	having some background noise?
A warm, dark room	or	a cool room with a bit of light?
Waking up slowly	or	getting up straight away?
One long sleep	or	a sleep and a nap?
Scrolling on your phone in bed	or	putting it away before you sleep?

Part 3. Read the statements. Which ones feel true for you? Explain why.

- I often go to bed later than I plan to.
- I sleep better when I have a routine.
- My phone is the last thing I look at before I sleep.
- I feel completely different depending on how much sleep I get.
- I find it difficult to sleep when I am stressed or worried.
- I never feel properly rested, even after a full night's sleep.

Part 4. Discuss the following questions.

- What time did you go to bed last night? Was that normal for you?
- What is the first thing you usually do when you wake up? Do you think it is a good habit?
- Do you have any sleep habits or routines that really help you? What are they?
- What is the worst night of sleep you can remember? What caused it?

Part 5. Look at the list. Choose the three things that most often stop you from sleeping well. Then compare with your partner.

Stress or worry	Looking at your phone
Too much caffeine	Noise
Temperature	A busy mind
Going to bed late	Being too comfortable
Eating before bed	Feeling anxious
An irregular routine	Someone else's noise

Part 6. Look at the expressions below and match each one to its meaning. Then choose two expressions and use them to say something true about yourself.

Doze off	Lie awake	Sleep routine	Oversleep
Wide awake	Toss and turn	Catch up on sleep	Night owl

1. _____ to keep moving in bed because you cannot sleep comfortably
2. _____ to fall asleep slowly and gently, usually without planning to
3. _____ a set of things you do every night before you go to bed
4. _____ to sleep longer than you planned or needed to
5. _____ to be in bed but unable to fall asleep
6. _____ to sleep more to make up for not sleeping enough before
7. _____ a person who naturally stays up late and finds it hard to go to bed early
8. _____ completely awake and unable to sleep, even when you want to

Part 7. Read the situations. Which answer sounds most like you? Or say what you would actually do.

It is 11pm. You are tired, but your phone is in your hand and there is one more thing to watch.

- I put the phone down. I know I'll feel better if I sleep.
- I watch one more episode. Just one.
- I fall asleep with the phone still on.
- I try to put it down but check it a few more times first.

You have an important day tomorrow and you really need to sleep. But your mind is very busy.

- I try to read something boring until I feel sleepy.
- I give up and look at my phone for a while.
- I lie there and try to breathe slowly.
- I get up and do something quiet until I feel ready to sleep.

You slept badly last night. You feel tired today, but tonight you go to bed very early.

- I wake up in the middle of the night and can't sleep again.
- I sleep well and feel much better the next morning.
- I sleep too long and feel worse than before.
- I doze on and off all evening and feel confused.

Part 8. Do you agree, disagree, or partly agree? Explain your answer.

- Eight hours of sleep a night is the right amount for most adults.
- A nap during the day helps you feel better — it doesn't make you lazy.
- Most people do not sleep enough and do not realise how it affects them.
- It is impossible to have a good sleep routine if your life is very busy.
- The bedroom should only be for sleeping — not for watching TV or using your phone.

Part 9. Guess your partner's answers before you ask. Then check — how well do you know them?

- Are they a morning person or a night owl?
- What is the last thing they usually do before they sleep?
- Do they find it easy or difficult to fall asleep?
- How do they usually wake up — an alarm, naturally, or with difficulty?
- What is the one thing that most often stops them from sleeping well?

Part 10. Describe your perfect night's sleep and your worst night's sleep. Tell your partner about both.

For the perfect night:

- What time do you go to bed?
- What do you do before you sleep?
- What does the room feel like?
- How do you feel when you wake up?

For the worst night:

- What usually causes it?
- What do you do when you can't sleep?
- How do you feel the next day?

Part 11. Tell your partner about a time when bad sleep really affected your day. What happened?

Think about:

- Why you didn't sleep well
- How you felt the next morning
- How it affected your mood, work, or energy
- What you did to feel better

REFLECTION

Complete the sentences in your own words.

- My biggest sleep problem is...
- I sleep best when...
- One thing I want to change about my sleep is...
- A good night's sleep makes me feel...