



Teacher's guide

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

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

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

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

Warm-up

Part 1. Students discuss the questions and activate previous knowledge of the idioms. Provide guidance if necessary.

Reading activity

Part 1. Students read the text, then answer the comprehension questions.

Answer Key:

1. Out like a light
2. He slept deeply through the night (slept like a log).
3. Tossing and turning
4. To finish a report for work.

Definition matching

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

Answer key:

1. Pull an all-nighter
2. Sleep like a log
3. Hit the sack
4. Toss and turn
5. Out like a light
6. Beauty sleep

Typical usage matching

Part 1. Students match the idioms with what they are typically used with.

Answer key:

1. Hit the sack
2. Pull an all-nighter
3. Toss and turn
4. Out like a light
5. Sleep like a log
6. Beauty sleep

Sentence transformation

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

Suggested answers:

1. As soon as my head hit the pillow, I was **out like a light**.
2. He **slept like a log** after the long flight.
3. She **tossed and turned** all night.
4. I'm really tired, so I'm going to **hit the sack**.
5. I **pulled an all-nighter** studying for the exam.
6. Getting your **beauty sleep** improves your mood and appearance.

Sentence gap-fill

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

Answer key:

1. She **pulled an all-nighter** to study for an exam.
2. She **has been tossing and turning** since getting into bed.
3. After such a busy day, he **was out like a light** in seconds.
4. We **will need to hit the sack** early tomorrow.
5. They **have always slept like logs** after hiking.

Speaking

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