

Collocations: Sleep, Rest & Relaxation

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What is your favourite way to relax after a busy day?
2. How important is rest to your daily productivity?

DEFINITION MATCHING

Part 1. Match each word to its correct definition. Can you guess any before looking at the options?

Nap	Insomnia	Routine	Quality
Environment	Breathing	Refreshed	Sleeping

1. _____ the standard or grade of something
2. _____ having regained strength or energy
3. _____ a regular pattern of behaviours or activities
4. _____ the physical or mental surroundings in which one lives or works
5. _____ the state of being unable to sleep regularly
6. _____ the state or condition of being in a state of sleep
7. _____ short sleep taken during the day
8. _____ the act of taking air into and expelling it from the lungs

COLLOCATION MATCHING

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

Nap

Insomnia

Routine

Quality

Environment

Breathing

Refreshed

Sleeping

1. take a _____
2. feel _____
3. establish a _____
4. suffer from _____
5. improve sleep _____
6. create a calming _____
7. have trouble _____
8. practise deep _____



SENTENCE GAP-FILL

Part 1. Complete the sentences using the correct collocations.

Take a nap

Feel refreshed

Establish a routine

Suffer from insomnia

Improve sleep quality

Create a calming environment

Have trouble sleeping

Practise deep breathing

1. To manage jet lag, it's helpful to _____ when you arrive at your destination.
2. Many people _____ during periods of high stress.
3. To _____, it's best to avoid electronic screens for an hour before bed.
4. When I _____, I listen to white noise or soft music until I relax.
5. Doctors recommend you _____ by going to bed and waking up at the same times each day.
6. A dark, quiet room can _____ and aid relaxation.
7. To clear your mind, try to _____ for a few minutes each evening.
8. After a brisk morning walk, I _____ and ready to start my day.

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target collocations so that the meaning stays the same.

1. I can't sleep at night because I wake up too often.
2. She regularly takes short sleeps in the afternoon.
3. He restored his energy quickly after a short rest.
4. Many people experience lack of sleep during exams.
5. Avoiding screens at night makes your sleep better.
6. They set up their bedroom to be peaceful and cosy.
7. You should set fixed bedtimes and wake-up times.
8. I do exercises to slow my breathing and relax my mind.

TENSE CHALLENGE

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

1. By next week, I _____ (establish a routine) that helps me wake up earlier.
2. She _____ (suffer from insomnia) since the project deadline.
3. We _____ (take a nap) every afternoon when we were on holiday.
4. He _____ (feel refreshed) every morning thanks to his new habit.
5. They _____ their _____ (improve sleep quality) by switching off devices before bed.
6. I _____ (create a calming environment) last weekend with blackout curtains.
7. She _____ (have trouble sleeping) since she started doing night shifts.
8. She _____ (practise deep breathing) for ten minutes before bed tonight.

SPEAKING

Part 1. Answer the questions using the target collocations.

1. How often do you **take a nap**, and when do you usually do it?
2. What methods help you **create a calming environment** at home?
3. Have you ever **suffered from insomnia**? What did you try to help?
4. How long did it take you to **establish a routine** when you started a new job?
5. Which activities make you **feel refreshed** in the morning?
6. What changes have you made to **improve sleep quality**?
7. When was the last time you really **had trouble sleeping**, and why?
8. Do you **practise deep breathing** regularly? How does it help you relax?

