

Sleep & Relaxation

Pre-Intermediate (A2-B1)



WARM-UP DISCUSSION

Part 1. Discuss the following questions.

1. What's the last thing you usually do before going to sleep?
2. How do you like to relax at the end of the day?
3. What sometimes makes it hard for you to sleep?

Part 2. Read the sentences and say which ones sound like you.

- I scroll through my phone before sleeping.
- I say "just one more episode" every night.
- I fall asleep as soon as my head touches the pillow.
- I always need background noise (music, YouTube, or a podcast).
- I check the time and then start scrolling again.

Discuss:

- Which ones are true for you?
- Which ones would you like to change?



VOCABULARY & SPEAKING

Part 1. Read the mini conversations. Guess what the bold words mean.

Emma: "I **fell asleep** before the movie ended again."

Leo: "That's your superpower!"

Maya: "I only closed my eyes for five minutes."

Ben: "Five minutes? You disappeared for two hours! That's not a **nap**, that's a full sleep!"

Tom: "I'm so **tired** today. I pressed **snooze** three times."

Ella: "You need an early night, not another coffee."

Ella: "I listen to quiet music before bed. It helps me feel **calm**."

Leo: "Nice. I usually just scroll, not very calming!"

Ava: "I can't **focus** when I don't sleep enough."

Rina: "Same! My brain feels like it's still asleep all morning."

Rina: "After a good night's sleep, I feel **energetic** and ready for the day."

Ben: "Teach me your secret. I need five alarms just to get up."

Part 2. Discuss the following questions.

1. What helps you feel **calm** before bed?
2. Do you ever take a **nap** during the day?
3. When do you feel most **tired**?
4. How many times do you hit **snooze** in the morning?
5. How long does it take you to **fall asleep**?
6. What helps you **focus** during the day?
7. What makes you feel **energetic** in the morning?

Part 3. Discuss the following questions.

1. Why do people use their phones before sleeping?
2. Does technology help or hurt your sleep?
3. What apps or videos help you relax before bed?

Part 4. Match the phrasal verbs to their meanings.

Wake up	Sleep in	Lie down	Chill out	Doze off
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1. _____ Fall asleep without meaning to
2. _____ Rest in a flat position
3. _____ Stop sleeping
4. _____ Relax and do nothing
5. _____ Wake up later than usual

Part 5. Discuss the following questions.

1. When do you usually **wake up** on weekdays?
2. How often do you **sleep in** on weekends?
3. When was the last time you just **lied down** to rest?
4. How do you **chill out** after work or study?
5. Where do you sometimes **doze off** by accident?

Part 6. What would you do in each of these situations?

1. You go to bed early but can't fall asleep. What do you try to do?
2. You wake up in the middle of the night and can't stop thinking. How do you calm your mind?
3. You fall asleep during a movie or online class. How do you feel when it happens?
4. You wake up late and realise you're late for work or class. What's your reaction?
5. You want to relax before bed, but your phone keeps distracting you. What could you do instead?

Part 7. Describe your perfect evening before bed. Include:

- What you would do.
- Where you would be.
- How you would feel.

REFLECTION

Complete the sentences with your own ideas.

- I sleep best when...
- One small change I can make tonight is...
- Tomorrow, I want to feel...

