



SLEEP AND DREAMS

DOZE OFF
DOZE
KIP
NAP
SLUMBER
SNOOZE
DRIFT
CRASH OUT

- a. To go to sleep, esp when you did not intend to
- b. To stay at someone's house for a night
- c. Sleep
- d. A short sleep, esp during the day
- e. Doze
- f. Sleep lightly for a short time
- g. A period of sleep
- h. Gradually fall asleep

1. Are you a *light* or a *heavy* sleeper?
2. Do you ever *sleep through* your alarm?
3. What do you *lose sleep over*?
4. What time of day do you *feel drowsy*?
5. Do you ever *sleep in* at the weekends?
6. What times of day are you usually *wide awake* and *fast asleep*?
7. Do you ever *oversleep*?
8. Do you ever have *nightmares*?



FLAKE _____
TO GO TO SLEEP AS SOON AS YOUR HEAD HITS THE _____
HIT THE _____
TOSS AND _____ ALL NIGHT
TUCK SMB IN
NOT TO SLEEP A _____

**Out / wink / turn / pillow
sack / In**

1. Goodness, is that the time? I must have **slept over!**
2. I'm going to **have a lie-in**. I've got a plane to catch first thing tomorrow morning.
3. Henry decided not to go out with his friends that night, as he was **flaked out**.
4. Grandad **went out like a light** in the armchair.
5. The shrill sound which hit Julie's ears was her alarm clock **nodding off**.
6. If you **tuck in** all night, you feel terrible in the morning.
7. She lay there, **sound asleep** all night, wondering what to do.