

## Sleeplessness

### Worksheet 3

#### VOCABULARY

#### SLEEP IDIOMS

Adapted from:

<http://www.englishgateway.com/ArticleVm.aspx?SectionID=d3fc99dbd2cd4694b2a31940f1308c55&ArticleID=3adc257d10bf4fb29601d91cc5dfde6e>

A. Match the idioms to their definitions:

IDIOMS	DEFINITIONS
1. recharge batteries	(a) sleep soundly
2. shuteye	(b) very early in the morning
3. not sleep a wink	(c) sleep (informal)
4. catnap	(d) short sleep
5. hit the hay	(e) go to bed
6. sleep like a log	(f) not sleep at all
7. toss and turn	(g) be constantly moving in bed
8. beauty sleep	(h) regain energy by sleeping or resting
9. wide awake	(i) fully awake
10. crack of dawn	(j) sleep before midnight or as recommended by health professionals (about 8 hours for adults) to preserve youthful looks

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B. Students read sentences 1-10 and fill in the blanks with the missing idioms.

- tossed and turned
- beauty sleep
- not sleep a wink
- hit the hay
- slept like a log
- cat nap
- wide-awake
- recharge my batteries
- shuteye
- crack of dawn

1. It was hard to get a ..... in this hospital room with constant visitors and phone calls to the rest of the patients in my ward.

2. We spent all Sunday outdoors: we swam, rode a motorboat and went on a three-hour hike around the lake. My daughter .....that night.

3. With itchy mosquito bites all over his body, he .....all night.

4. There was power in the building, so we decided to ..... early.

5. I felt drowsy after driving for 2 hours on that hot and humid summer day. I pulled my car over to the curb and had a ..... for 10 minutes.

6. We left for the airport at midnight. The plane took off at 2:30 a.m. and landed at 5:00 a.m. There was a crying baby and snoring man beside me on the plane. I could ..... last night!

7. Caroline had a nightmare tonight. She lay in bed .....being unable to forget her bad dream.

8. Having worked as a baker for 20 years, he's used to getting up at the.....

9. Tonight I'll go to bed early. I need my .....to look rested at tomorrow's party.

10. I need to ..... after the sleepless night.