

# UNIT 2 UNIT 6B

# SLEEP

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By @misscarosama



# Speaking

**How much do  
you sleep?**

**Do you like  
sleeping?**

**Did the pandemic  
affect your sleep  
time/quality?**





# Listening



Speaker 1	Speaker 2	Speaker 3

# Vocabulary

- 1 Most people start feeling ■ around 11:00 at night.
- 2 They often open their mouth and ■.
- 3 They go to bed and ■ their ■ (clock).
- 4 They get into bed and put their head on the ■.
- 5 They cover themselves up with a ■, or with ■ and ■.
- 6 Soon they ■.
- 7 Some people make a loud noise when they breathe. In other words, they ■.
- 8 During the night some people have bad dreams, called ■.
- 9 If you don't hear your alarm clock, you might ■.
- 10 If you drink coffee in the evening, it may ■.
- 11 Some people can't sleep because they suffer from ■.
- 12 These people often have to take ■.
- 13 Some people take a ■ or ■ after lunch.
- 14 A person who sleeps well "sleeps like a ■."
- 15 Someone who is tired after flying to another time zone is ■.
- 16 Someone who is sleeping very deeply is ■.

sleepy

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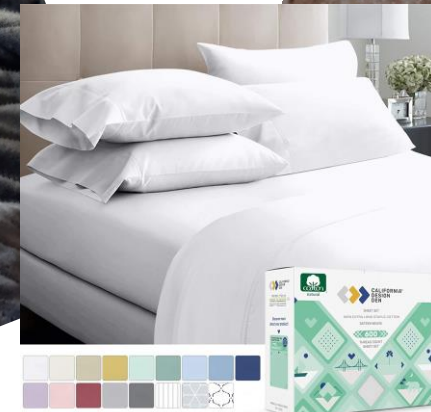
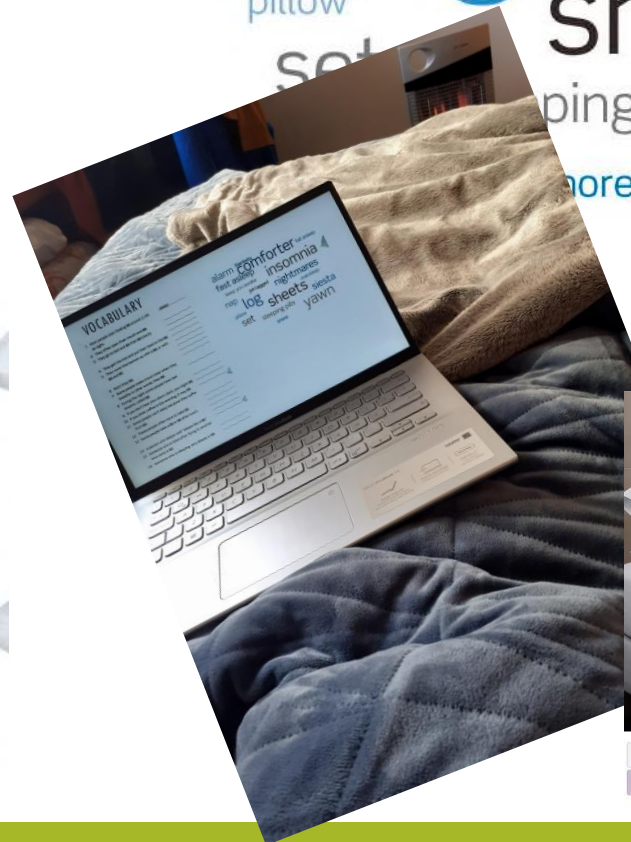
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\_\_\_\_\_

alarm blankets  
fast asleep  
keep you awake  
nap jet-lagged  
pillow  
log  
sheets  
insomnia  
nightmares  
oversleep  
yawn  
slept  
sleeping pills  
more





Do you often have nightmares or recurring dreams? Do you usually remember what your dreams were about? Do you ever try to interpret your dreams?

Have you ever stayed up all night to study for a test the next day? How well did you do on the test?

Are you a light sleeper or do you sleep like a log? How do you usually wake up in the morning?

Do you have a TV or computer in your bedroom? Do you often watch TV before going to sleep? Do you ever fall asleep on the sofa in front of the TV?

Do you snore? Have you ever had to share a room with someone who snores? Was this a problem?

Have you ever fallen asleep at an embarrassing moment, e.g., during a class or in a meeting?

Have you ever overslept and missed something important? What was it?

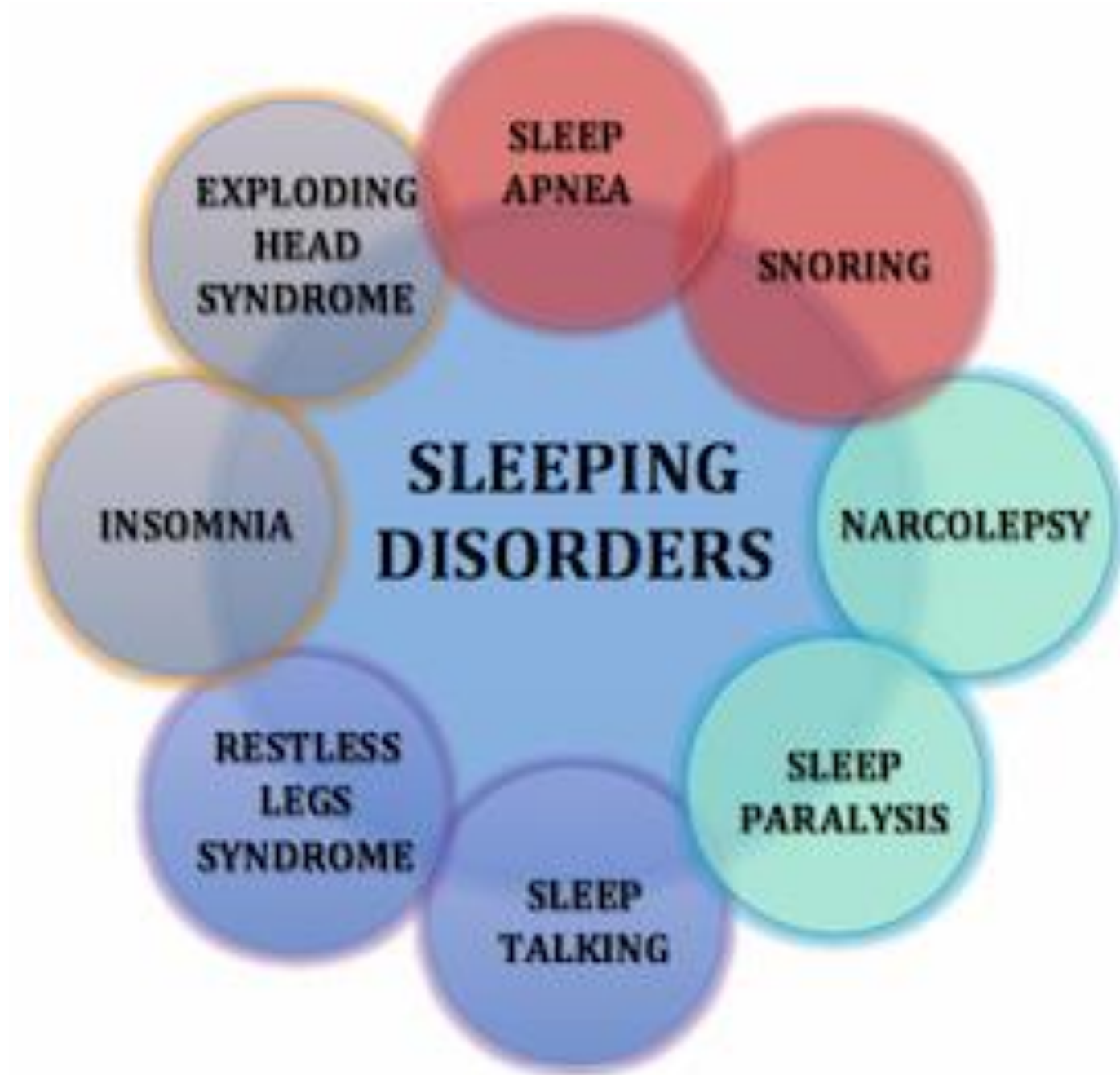
information as possible.

Do you sometimes have problems getting to sleep? Do you take, or have you ever taken, sleeping pills? Do you have any tips for people who suffer from insomnia?

Do you prefer to sleep with a comforter or with blankets? How many pillows do you have? What temperature do you like the bedroom to be?

Do you find it difficult to sleep when you're traveling, e.g., in buses or planes? Is there any food or drink that keeps you awake or that stops you from sleeping well?

Do you ever take a nap after lunch or during the day? How long do you sleep for? How do you feel when you wake up?



“I have recently found out that my daughter suffers from four sleep disorders”

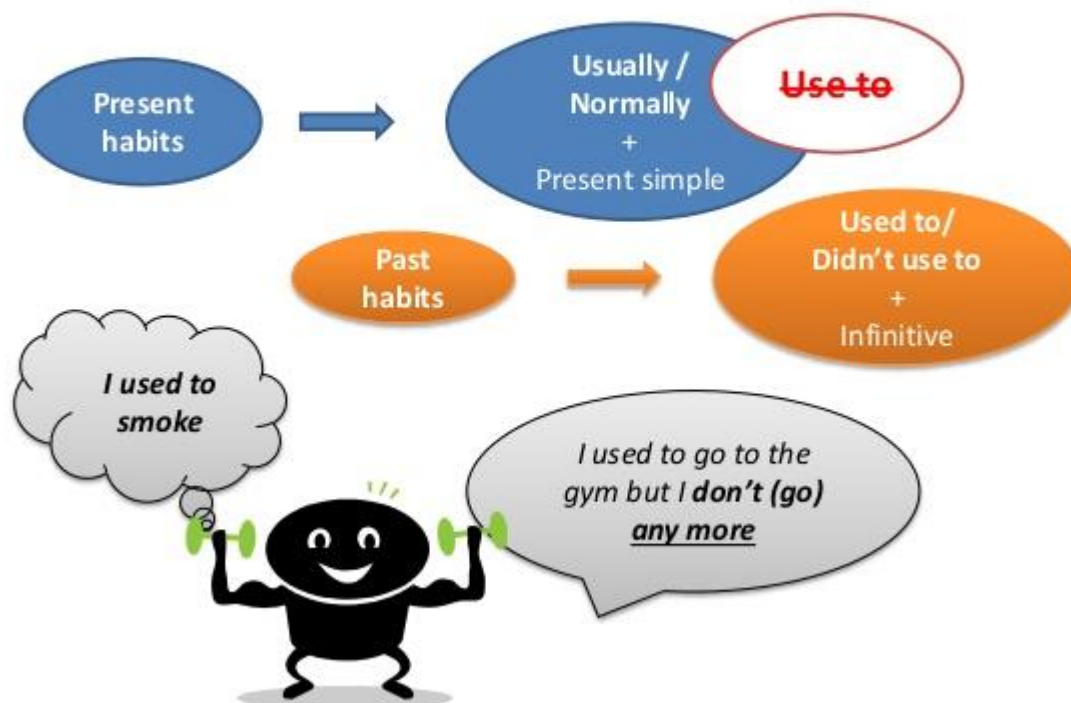
Before I found out, **I USED TO SLEEP** like a log

Now I **AM USED TO STAYING** alert while asleep

**I AM GETTING USED TO SLEEPING** badly every night

Before I found out, I **used to sleep** like a log

## Usually / used to





Now I **am used to staying** alert while sleeping



**BE USED TO + V (ing)**

To talk about actions/things we are familiar with



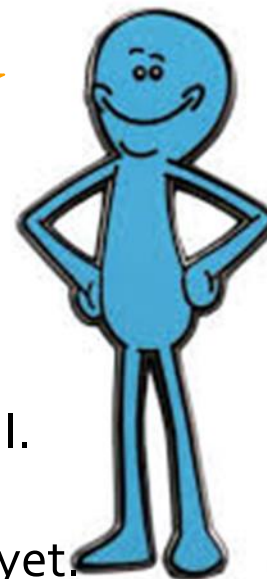
Beauchef students **are used to having** a vacation week in May.  
Beauchef students **are not used to attending** all their classes.  
Beauchef students **were used to having** a swimming pool.  
Beauchef students **were used to having** Zoom meetings every day during the pandemic.

I **am getting used to sleeping** badly every night



GET USED TO + V (ing)

To talk about actions/things we are in the process of becoming familiar with.



Beauchef students **are getting used to having** English classes at the DII.  
Beauchef students **are not getting used to** the new campus rules.  
Beauchef students **have not got used to having to work** autonomously yet.

# USED TO - BE USED TO - GET USED TO



## Used to + V(base)

Used when we talk about something we did regularly in the past, but do not do it now.

He used to play football before the accident.  
I used to live in London.

## Be used to + V-ing/noun/pronoun

Used when we say that we are accustomed to something or something is normal for us, not strange or new.

Jenny is used to driving on the left.  
'I'm not used to listening to loud music.

## Get used to + V-ing/noun/pronoun

Used to say that something is in the process of becoming normal or common.

Ski instructors get used to cold weather.  
Cindy has to get used to driving on the left.



# LET'S PRACTICE

- a Right (✓) or wrong (✗)? Correct the mistakes in the highlighted phrases.

I can't get used to getting up so early. ✓

She isn't used to have a big dinner in the evening. ✗  
*isn't used to having*

- 1 When we were children we used to playing soccer on the street.
- 2 The first time we visited China, we couldn't get used to eat with chopsticks.
- 3 Have you gotten used to live in the suburbs or do you still miss the city?
- 4 I'm really sleepy. I'm not used to staying up so late. I'm usually in bed by midnight.
- 5 There used to be a movie theater in our town, but it closed down three years ago.
- 6 Paul is used to having very long hair when he was younger.
- 7 A I don't think I could work at night.  
B It's not so bad. I'm use to it now.
- 8 Did you use to wear a uniform to school?
- 9 It's taking me a long time to be used to living on my own.
- 10 When I had tests in college, I used to stay up all night studying.

- b Complete with *used to*, *be used to*, or *get used to* (positive or negative) and the verb in parentheses.

My boyfriend is Japanese, so he *isn't used to driving* on the left. (drive)

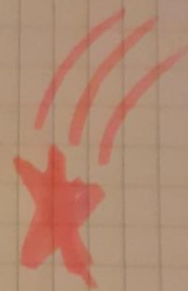
- 1 When Luis started his first job, he couldn't \_\_\_\_\_ at 6 a.m. (get up)
- 2 I didn't recognize you! You \_\_\_\_\_ long hair, didn't you? (have)
- 3 Isabelle \_\_\_\_\_ an apartment when she was in college, but now she has a house of her own. (rent)
- 4 When we were children, we \_\_\_\_\_ all day playing soccer in the park. (spend)
- 5 Jasmine has been a nurse all her life, so she \_\_\_\_\_ nights. (work)
- 6 I've never worn glasses before, but now I'll have to \_\_\_\_\_ them. (wear)
- 7 Reiko is an only child. She \_\_\_\_\_ her things. (share)
- 8 Although I've lived in Brazil for years, I've never \_\_\_\_\_ dinner at 9 or 10 o'clock at night. (have)
- 9 I \_\_\_\_\_ spinach, but now I love it. (like)
- 10 If you want to lose weight, then you'll have to \_\_\_\_\_ less. (eat)

# Answer Key

Grammar Bank Unit 5B Sleepy Beauty

- a
- 1 - used to play
  - 2 - used to eating
  - 3 - used to living
  - 4 - ✓
  - 5 - ✓
  - 6 - used to have
  - 7 - 'm used to it
  - 8 - ✓
  - 9 - to get used to
  - 10 - ✓

- b.
- 1 - get used to getting up
  - 2 - used to have
  - 3 - used to rent
  - 4 - used to spend
  - 5 - is used to working
  - 6 - get used to wearing them
  - 7 - is not used to sharing
  - 8 - got/ gotten used to having
  - 9 - didn't use to
  - 10 - get used to eating.



by Carol



# Still not sure about the meaning?





GAME  
Time

A neon sign graphic on a dark brick wall. The word "GAME" is in a blue, outlined, blocky font. Below it, the word "Time" is in a pink, cursive script font. A blue arrow points from the top left towards the top right, and a pink arrow points from the top right towards the bottom left, framing the text.

# Let's play

- I have recently got a Tinder girlfriend/boyfriend
- I used to
- I am used to
- I am getting used to

## FURTHER PRACTICE

- No more prende Beauchef are allowed in campus.
- I used to
- I am used to
- I am getting used to

# FURTHER PRACTICE

- I have just changed my cell phone's language to English.
- I used to
- I am used to
- I am getting used to



# FURTHER PRACTICE

I have recently started my last English course with Miss Caro.

- I used to
- I am used to
- I am getting used to

## Three things you (probably) didn't know about



**Everybody loves it. Everybody needs it.** No one seems to get enough of it. We all know that most people need eight hours sleep, and that REM\* sleep is when you have the most dreams, but here are three questions about sleep that you may not know the answer to:

- How can video games help us control our dreams?
  - What is Sleeping Beauty Syndrome?
  - What did our ancestors use to do in the middle of the night (that we don't)?
-

## Living your dreams

A university psychologist in Canada believes that people who play video games are more likely to be able to control their own dreams. Jayne Gackenbach studied the dreams of regular video gamers and non-gamers and found  
5 that people who frequently played video games experienced “lucid” dreams more often. A lucid dream is one in which we are aware that we are dreaming. In a lucid dream, the dreamer is sometimes able to control or influence what is happening to them in the dream – very similar to controlling  
10 the action of a character in a video game.

“Dreams and video games are both parallel universes,” says Gackenbach. “Gamers spend hours a day in a virtual reality and they are used to controlling their game environments, and this seems to help them to do the  
15 same when they are dreaming.”

Gackenbach also discovered that video gamers have fewer nightmares than non-gamers. Some experts believe that we have nightmares to help us practice for life-threatening situations in a safe environment. Since  
20 video gamers already practice those situations regularly in games, Gackenbach’s research suggests that video gamers may have less need of nightmares. But, interestingly, when gamers *do* have a nightmare, they react differently to non-gamers: “What happens with gamers,” says Gackenbach,  
25 “is that when they have a scary experience in a dream they don’t run away like most of us do. They turn around and fight back.”

\*REM is an abbreviation for “rapid eye movement”

# Sleeping Beauty

In 2008, when Louisa Ball was fourteen, she had symptoms of the flu, and soon after she began falling asleep in class. Then one day she went to sleep and didn't wake up...for ten days. Doctors diagnosed her as having a rare neurological disorder called Kleine-Levin Syndrome, also known as "Sleeping Beauty Syndrome." People who have this medical condition often sleep for long periods without waking up.

Louisa regularly misses long periods of school, her weekly dance lessons, and, once, a whole week of a family vacation because she is asleep. On one occasion she even missed her final exams. When she sleeps for several days, her parents have to wake her up once a day to give her something to eat and take her to the bathroom. But then she immediately falls back into a deep sleep.

People who have this syndrome often complain that they lose their friends because they disappear for such long periods of time. Fortunately, Louisa's friends have stayed loyal, and they even visit her on days when she is asleep.

Although she sometimes feels frustrated, Louisa says, "I've gotten used to it now, and I've learned to live with it." Doctors have told her that the syndrome will eventually disappear, but maybe not for ten or fifteen years.

## THE FLU:

A common infectious illness that causes fever and headache



## 6B THREE THINGS YOU (PROBABLY) DIDN'T KNOW ABOUT SLEEP Student B

### How our ancestors used to sleep

An American historian, Roger Ekirch, has done a lot of research (based mainly on literature and diaries) that shows that until the end of the 18th century humans used to sleep in two distinct periods, called "first sleep" and "second sleep."

First sleep began about two hours after nightfall and lasted for about four hours. It was followed by a period of between one or two hours when people were awake. During the waking period people were active. Most people stayed in bed reading, writing, or praying, etc., but others got up and even used the time to visit neighbors. They then went back to sleep for another four hours.

This research is backed up by an experiment done by a psychiatrist, Thomas Wehr, in the early 1990s, in which a group of people were left in total darkness for 14 hours every day for a month. By the fourth week, the people had begun to sleep in a very clear pattern. They slept first for four hours, and then woke for one or two hours before falling into a second four-hour sleep, in exactly the same way as people had slept in the 18th century. The research suggests that today's habit of sleeping seven to eight consecutive hours may not be the most natural way to sleep.





# The chef who cooks in the middle of the night



ROBERT WOOD often gets up in the middle of the night and goes downstairs to the kitchen. Not surprising, you may think. He's probably hungry and looking for something to eat. But you'd be wrong. Robert starts cooking – and he does this while he is fast asleep.

Mr. Wood, who is <sup>1</sup>\_\_\_\_\_ years old and a retired <sup>2</sup>\_\_\_\_\_, has been a sleepwalker for more than 40 years.

"The first time it happened I was <sup>3</sup>\_\_\_\_\_, he said. "My parents heard me wandering downstairs in the middle of the night. Now I get up <sup>4</sup>\_\_\_\_\_ times a week, and these days I usually head for the kitchen, although on other occasions I have also turned on the television very loudly and even filled <sup>5</sup>\_\_\_\_\_ with water."

His wife Eleanor says that she often wakes up in the night when she hears her husband cooking downstairs. She has seen him setting the table and caught him making <sup>6</sup>\_\_\_\_\_ and spaghetti bolognese and even frying <sup>7</sup>\_\_\_\_\_. The couple says that because of Mr. Wood's sleepwalking, they only get a few hours' sleep a night and are getting worried that Robert could start a <sup>8</sup>\_\_\_\_\_ without realizing. "I really am asleep and have no idea I am getting up," said Mr. Wood.

Mrs. Wood says that although the food her husband cooks when asleep looks delicious, she has never eaten it. "Every night, I think 'Is Rob going to cook tonight?' The last time he was in the kitchen, he spilt milk all over the place."



## TO WANDER V/S TO WONDER

**To Wander:** To walk without a destination or purpose.

**To Wonder:** To ask yourself questions or express a wish to know about something.

**TO HEAD FOR:** To go in a particular direction.

**TO SPILL:** (Spilt) To flow, move, fall, or spread over the edge or outside the limits of something.

# True or False

- 1 A sleepwalker can drive a car while he is asleep.
- 2 It is easy to know if someone is sleepwalking or not.
- 3 About 8 percent of people sleepwalk from time to time.
- 4 Sleepwalking is most common among young boys.
- 5 Stress can cause people to sleepwalk.
- 6 You should never wake up a sleepwalker.
- 7 Sleepwalkers cannot hurt themselves.
- 8 People usually sleepwalk for a short time.
- 9 Sleepwalkers don't usually remember anything afterward.
- 10 Sleepwalking is no excuse if you commit a crime.






VIETNAM!



**CARD 2****WHEN I GO TO BED**

- How much do you sleep? What are you used to doing before going to bed?  
What has been your worst sleeping habit so far?
- Have you changed your sleep habits a lot? Did you use to have the same habits when you were a child? Why?
- What would your parents have done if you had suffered from a sleep disorder when you were a kid?





A word cloud centered around the word "SLEEPING". The word "SLEEPING" is in a large, pink, jagged starburst shape in the center. Surrounding it are various sleep-related terms in white, bold, sans-serif capital letters of different sizes, scattered across a background that transitions from blue on the left to pink on the right.

**SLEEPING**

TO SNORE  
LUCID DREAMS  
SHEETS  
JET-LAG  
PILLOWS  
NAP  
TO SLEEP LIKE A LOG  
BRUXISM  
BLANKETS  
FAST ASLEEP  
ASLEEP  
TO KEEP YOURSELF AWAKE  
COMFORTERS  
NIGHTMARE  
LIGHT SLEEPER  
RECURRENT  
TO WAKE UP  
WIDE AWAKE  
SLEEP WALKER  
INSOMNIA  
TO STAY UP  
TO FALL SLEEP  
SLEEP TALKING  
TO YAWN  
SLEEPING PILLS  
SLEEP PARALYSIS  
TO OVERSLEEP

STILL NOT SURE ABOUT THE MEANING?



# Further help

- <https://www.youtube.com/watch?v=PIYb6O-j51o>
- <https://test-english.com/grammar-points/b1/usually-used-to-be-used-to-get-used-to/>
- <https://speakSpeak.com/english-grammar-exercises/intermediate/used-to-be-used-to-get-used-to>