EVERYTHING YOU NEED TO KNOW ABOUT SLEEPLESSNESS

In 30 seconds, answer the following questions:

• Do you think you get enough sleep?
• What do you often do before going to sleep?
Lesson Objectives

Topic: Everything you need to know about sleeplessness

By the end of this lesson, you will be able to:

• Remember at least 6 related words
• Create simple sentences about the topic
• Have a conversation about the topic
• Avoid some common grammar and pronunciation mistakes
Let’s start!

Answer the following question in 60 seconds.

**Why does your body need sleep?**
Vocabulary

Pair Work: Student A reads a definition from column A. Student B matches it with a word from column B, and makes a sentence.

A

a. the state of feeling nervous or worried that something bad is going to happen
b. not asleep (especially immediately before or after sleeping)
c. the process of growing old
d. the quality or fact of being very fat, in a way that is not healthy
e. a sudden serious illness when a blood vessel (= tube) in the brain bursts or is blocked, which can cause death or the loss of the ability to move or to speak clearly
f. a drug found in coffee and tea that makes you feel more active

B

1. Awake (adj) /əˈweɪk/
2. Anxiety (n) /æŋˈzaɪəti/
3. Obesity (n) /ˈɒbiːzəti/
4. Ageing (n) /ˈeɪdʒɪŋ/
5. Caffeine (n) /ˈkæfiːn/
6. Stroke (n) /ˈstrɔʊk/

Example: The noise was keeping everyone awake.
Grammar

Make a sentence using the given structures.

Present simple tense:

S+ am/ is/ are+ always/ often/ sometimes/...+ N/ Adj.

S+ always/often/ sometimes/...+ V(s/es)+ O.

Example: She often drinks coffee before going to sleep.
        He is always sad and bored.

Suggestions: feel stressed and tired, drink alcohol, sleep 4 hours a day, work late, be in a bad mood, wake up at midnight, etc.
Pair work: Choose one context and discuss with your partner in 180 seconds.

**Context 1:** Your husband often works late at night and can’t sleep. Tell him the effects of sleeplessness on his health.

**Context 2:** Your friend often wakes up at midnight and can’t get back to sleep. She doesn’t know why she can’t sleep. Give her some possible causes of sleeplessness.

**Context 3:** Your mother has a problem with sleep, but she doesn’t know how to deal with this problem. Give her some ways to deal with it.

**Suggestions:** the ageing process, obesity, have a stroke, drink coffee, anxiety, be stressed, avoid caffeine, reduce stress, exercise regularly, etc.
## Common mistakes

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<thead>
<tr>
<th>Mistake Correction</th>
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<tbody>
<tr>
<td><strong>Grammar</strong></td>
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<tr>
<td><strong>Incorrect</strong></td>
<td>My father often <em>workes</em> late at night.</td>
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<tr>
<td><strong>Correct</strong></td>
<td>My father often <em>works</em> late at night.</td>
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<td><strong>Pronunciation</strong></td>
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<td><strong>Confusing word pairs</strong></td>
<td><em>Stroke</em> /strəʊk/ vs. <em>struck</em> /strʌk/</td>
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<tr>
<td><strong>Sentence practice</strong></td>
<td>He suddenly had a <em>stroke</em>, then fell down and <em>struck</em> his head on the floor.</td>
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<td><strong>Others</strong></td>
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Assessments

Here are some comments on your performance

<table>
<thead>
<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
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Feel free to ask if you have any question!
Wrap-up

✓ Words related to sleeplessness
✓ Present simple tense
✓ Conversations about the causes and effects of sleeplessness and solutions to it

Please do your homework in the downloadable outline from the website!
# Homework

Complete your mission and find more in related lessons.

## Your mission

- Take note of what you need to improve *(Vocabulary, Grammar and Pronunciation)*
- Search for related lessons in course browser
- Take those lessons

## Recommendation

- Health & hygiene- present tense verbs (#0022)
- Body and health in simple past tense (#0074)