

FIST Vocabulary – You are feeling very sleepy

Instructions: Use these words related to sleep in the box below, in the correct form, to fill the missing words in the article about sleep.

Drowsy Nap Nightmare Fast asleep	Oversleep Sleepwalking Snore Yawn
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Did you 1) _____ this morning and get up late? Studies show that nearly 30% of all people have broken sleep patterns and spend too much time during the day 2) _____ and longing for a moment they can if go back home for lunch and a quick 3) _____.

Brad Mickelson works at the Richmond Virginia sleep institute and has this to say. "There are a whole variety of reasons why people have difficulty achieving sufficient sleep states. Some watch horror movies and then have 4) _____ during the night and find it difficult to get back to sleep because of monsters in the shadows and such. Others unknowingly have spent years 5) _____ around the house then feel 6) _____ the following day. Many people have partners who 7) _____ loudly and prevent them from getting a restful night's sleep. It's very depressing being kept awake while your partner is 8) _____ and oblivious to any problems being caused!"

Brad suggests people need to go and see doctors or a sleep specialist if they are having problems sleeping.



Answers

Question 1 - oversleep.

Question 2 - yawning.

Question 3 - nap.

Question 4 - nightmares.

Question 5 - sleepwalking.

Question 6 - drowsy.

Question 7 - snore.

Question 8 - fast asleep.