

Chatterbox #90 – Time for bed

Transcript

Maura: Hello everyone. It's Maura.

Harp: And Harp.

Maura: And it's Culips time again.

Harp: Yes.

Maura: Don't forget to go to our website, Culips.com, that's C-U-L-I-P-S.com, and there you can become a Culips member. That's when you get access to all of our Learning Materials, including more detailed explanations of the expressions we use, transcripts, and also a quiz.

Harp: And we're also on Facebook, so come and join and say hi.

Maura: Right. We love hearing from you. So, today's episode is a Chatterbox episode, and that is where Harp and I chat about all different kinds of topics of interest. Today's topic is...

Harp: Sleep.

Maura: Ah, sleep. Isn't it good to get some **shut-eye** once in a while?

Harp: It is. I love sleeping.

Maura: Me too. It feels so good. So today we're going to talk about something that we all do every day, which is sleep. The first thing we're going to talk about is the different types of sleepers.

Harp: Yes. And then we're going to talk about how important sleep is.

Maura: Right. And then at the end of this episode, Harp and I are also going to talk about our own sleeping habits.

Harp: Yeah. So let's get started with types of sleepers.

Maura: Well, the way I see it Harp, there are really just two kinds of sleepers. There are **early risers** and people who like to sleep in.

Harp: Yes, I agree. So there are the **early risers**, the people who wake up early, get a good start on the day. They're in bed usually on time or early, and they wake up early.

- Maura: Right. So these are people who like to get **a good night's sleep** normally, but they also don't like to waste the morning lying in bed. They would rather wake up and get started.
- Harp: Yeah. And you can call someone who's an **early riser a morning person**.
- Maura: Right. This is the kind of person who wakes up early and they're already happy and capable of having a conversation.
- Harp: Yes. Most people are not like this, I would say.
- Maura: Yeah. A lot of people wake up in the morning and they're **groggy**, they're kind of **out of it** for, maybe, 15 minutes, maybe 30 minutes, or until they have their first cup of coffee.
- Harp: Yup. To me, it's funny because my mom is not **a morning person** and she is barely awake until she has two cups of tea in the morning.
- Maura: Some people are downright grouchy until they fully wake up. It's really kind of funny, but also can be kind of annoying if you're trying to have a conversation with someone who doesn't like waking up in the morning.
- Harp: Yeah, definitely.
- Maura: People who are **early risers** tend to be either very young children who wake up with a ton of energy or older people. People who have retired, for some reason they tend to wake up earlier in the morning.
- Harp: Yeah, definitely. When someone is very young or when they're older, they're typically more of **an early riser**. But sometimes there are people who generally just like the morning.
- Maura: Yeah. One of my friends, who's been on Culips a couple of times, named Melanie, she once told me that when she wakes up in the morning, her alarm goes off, and she just feels awake and gets up and I thought that sounded crazy. And I've never really heard that from anyone else before.
- Harp: Me neither. I **snooze** about three times before I'm ready to wake up.
- Maura: Yeah. When I use the alarm clock, which is every day Monday to Friday, I have to plan ahead so that I can press **the snooze button**. And **the snooze button** is the button on your alarm clock that you hit, which automatically gives you about 10 or 9 more minutes of sleep and then your alarm goes off again. And then, if you want, like Harp just said, you can hit it again and then you have another 10 minutes and then you can hit it again and have another 10 minutes. You can go on for an hour or two, really, if you want.

- Harp: **Snooze** is so bad. I find when I wake up the first time, it's so much better than snoozing for 20 or 30 minutes.
- Maura: It's hard, but it's also nice to stay cozy and warm in your bed. It feels the best when you know you have to get up, but you're still lying in bed.
- Harp: Yeah, definitely. And then there's the other type of person: **the late riser**.
- Maura: Right. These are the kind of people who love sleeping in in the morning. They don't like to wake up early. Sometimes these people can sleep until noon or even early afternoon.
- Harp: Yes. They're the **night owls**, the people who like to stay up late and then sleep in.
- Maura: Yeah. Often people sleep in because they've stayed up so late that they're tired. But teenagers often like to sleep in and this isn't necessarily because they've stayed up late at night. Sometimes they just sleep in because they love sleeping and, I don't know, I guess it's a time in your life when you're growing and changing so you feel tired.
- Harp: Yeah. I think it has to do with growing so much so quickly that you need the sleep.
- Maura: Yeah. I remember when I was a teenager, I liked to sleep in. On the weekends, I could sleep in easily till 10 or 11 o'clock, no problem.
- Harp: Yup. It was easy for me to sleep until 11:00 or 12:00.
- Maura: And I remember I had a part-time job and so sometimes on the weekend, I would have to start work at **the crack of dawn**. **I'm talking** like 7 o'clock in the morning. So that means I would have to get up at 6 o'clock. And it was painful to get up at that time for me. I hated it.
- Harp: It was brutal. I had the exact same experience.
- Maura: Yeah. Ugh, even now I don't like it.
- Harp: Even thinking about it right now, ugh.
- Maura: OK. So those are a couple of kinds of sleepers. Now we'll also talk about how important sleep is, as if you didn't know already.
- Harp: Yeah. Well, it's pretty obvious sleep is very important.

- Maura: Yeah. It's important for your overall health and definitely for your state of mind. As we know, when people are tired, they're often pretty grumpy and grouchy.
- Harp: Yeah. They have a short attention span. It's just not good.
- Maura: Yeah. Well, I've heard over the years that we're supposed to get seven or eight hours of sleep a night. But you know, Harp, every year or even less than that, there's some new report or article with some new information about how long we're supposed to be sleeping. So it's hard to say.
- Harp: Yeah. It always seems to change and it also depends on what age we're at. When you're a teenager you need more sleep, when you're a kid you need even more sleep. So it's important to sleep well and to sleep enough.
- Maura: Yeah. Remember when you were a little kid and you had to take **naps** during the day? So your mom or dad would say, "OK, it's time to go to sleep," and usually you hated it. Kids are known to hate **naptime**. And when you're an adult, the idea of taking **a nap** suddenly seems pretty awesome.
- Harp: Yeah. I think pretty much every adult I know would love to be able to take **a nap** every day.
- Maura: Definitely. And sometimes I do, if I have the chance. But I know you're supposed to take **a nap** during the day for only about 15 minutes. That's what I've heard is the optimum time, but I can rarely do that, Harp. It takes me probably 10 minutes just to fall asleep and then when I fall asleep during the day, I'm so **out of it** and I usually sleep for an hour or two.
- Harp: Yeah, same thing for me. It's pretty rare that I'm gonna take only a 20-minute **nap**. I'm gonna take a good two-hour **nap**.
- Maura: And when I wake up a couple of hours later, I'm so **out of it**. It takes me so long to get back to a level of normal functioning. That's actually why I don't take **naps** so often, is because it's really hard for me to wake up.
- Harp: Yeah, definitely. Sometimes I've taken **naps** at maybe 4 o'clock and then I wake up at 6:00 and I look at the time and I think, "6 o'clock! Oh no, I have to get up. My morning has to start!" And then I realize it's still nighttime. So it's a bit disorienting.
- Maura: Yeah. Well, I think about countries like Spain, where they have **siestas**. That sounds like a pretty good practice to get into.
- Harp: Definitely. Taking a little **nap** in the afternoon and everyone does it. It seems like genius to me.

- Maura: But it is a little bit more of a trend that is happening. People are realizing how important taking a little **catnap** can be. And some, although I would say still very few, progressive companies are allowing for employees to take **naps** during the day.
- Harp: Yeah. It's becoming a trend that the new cool companies are doing for their employees. They're having little rooms where people can take **naps** or they're allowing people to take **a nap** at their desk.
- Maura: **A nap** at the desk? That doesn't sound very comfortable.
- Harp: If I could take **a nap** in the daytime, I would take **a nap** at my desk.
- Maura: So as we said, sleep is really important. And more and more, people are starting to realize how important it is and, kind of sadly, at the same time, many people are having trouble sleeping. It seems like there's more and more talk about **insomniacs**, which are people who have trouble sleeping, who almost don't sleep at night.
- Harp: Yeah. It seems like even just in my group of friends, I have more and more who have problems with sleep and who have to take sleeping pills because they have so much insomnia.
- Maura: Yeah. Some of the causes for insomnia can be stress related, because you're thinking about all the things you have to do and all the things you're worried about it, **your mind is racing**, and so you can't relax and go to sleep.
- Harp: Yeah. It's definitely a problem, I think.
- Maura: Yeah. I usually sleep pretty well. I sleep through the night, but I know that when I can't sleep, it drives me crazy.
- Harp: Yeah. I've heard for people who are **insomniacs** that it's like they feel they're going crazy when they can't sleep in the middle of the night.
- Maura: Yeah. And did you know that if you actually don't sleep at all for a few days, then you can actually start hallucinating? You can start hearing things and seeing things. It's pretty intense.
- Harp: I imagine if you don't sleep for a couple of days, you would maybe go crazy.
- Maura: I know that if I don't sleep all night, like I'm going out and partying with my friends, then the next morning when I'm so tired, I find everything really funny.
- Harp: That's funny.

- Maura: Yeah. Suddenly a little joke seems hilarious to me. So, now that I've already started talking about myself, let's finish up by talking about our own sleeping habits.
- Harp: OK. So, are you **an early riser** or **a late riser**, Maura?
- Maura: You know what? I think I'm kind of in the middle, although I definitely don't like to sleep in. Once in a while, if I've been out really late, then I don't mind, but I hate the idea that I've slept in and wasted the day. So I would rather get up a little bit earlier.
- Harp: I'm in shock right now. I thought you would totally love to sleep in.
- Maura: Well, I do love sleeping and I sleep in a little bit on the weekends, but I don't like to sleep too late because I feel like it's a waste of time and I like the morning time. It's hard to get out of bed, but I like the time of the day in the morning.
- Harp: I thought I knew you, Maura.
- Maura: The other thing I'll say is that, for some people, what is sleeping in is getting up early for others. So when say I like to get up early, I mean on the weekends, I usually don't like to get up later than 9:00 or 9:30.
- Harp: For me that's waking up early.
- Maura: OK. Yeah, so if I sleep, like, till 10 o'clock, I'm a bit angry with myself because I just feel like I've wasted time.
- Harp: I feel like if I wake up before 10 o'clock, I waste my weekend of relaxing, of rest and relaxation.
- Maura: So, what you're saying is you like to sleep in.
- Harp: I love sleeping in.
- Maura: You don't feel like when you get up at 11 o'clock, like you've wasted half your day?
- Harp: No, not at all. I feel like if I wake up early on the weekend, I feel like I really have wasted my time to catch up on my sleep.
- Maura: OK, OK. Now it's true that, especially when it finally comes to the weekend, we're excited to sleep in and not have to hear that annoying alarm sound in the morning.

- Harp: I know. Sometimes if I have plans, even at maybe 10:00 or 11:00, and I have to set my alarm clock, it's much later than I normally wake up, but still. That sound of an alarm clock on the weekend should be outlawed.
- Maura: But I have a question. On the weekend, do you still wake up at the regular time you would wake up during the week and then fall back asleep, or are you able to sleep right through until 10 or 11 o'clock?
- Harp: Hmm. If you asked me this question, maybe one or two years ago, I would say that I would be able to sleep in completely. But now I find that I am waking up at around the time I normally do, and then I really force myself to go back to sleep and I can usually sleep for a couple more hours.
- Maura: I think that's a sign of getting old, Harp.
- Harp: I'm a young **spring chicken**!
- Maura: Well, I noticed the same thing in myself. When I was younger, I could sleep through on the weekends, no problem, but the older I've gotten, the more of a habit I have and then on the weekends I still wake up as if I were going to go to work, and I have to fall back asleep just, like you were saying.
- Harp: Yes.
- Maura: But one thing is certain for me. Whether I sleep in a little bit or get up early, as I like to do, I always like to get **a good night's sleep**. I don't like feeling tired, like I'm dragging myself around all day. I hate that feeling. I'd rather go home early from a party than feel really tired and **groggy** the next day.
- Harp: Yup, I agree with you, but I have to be honest, in the last couple of months, I'm having sleeping problems. I've become a little bit of **an insomniac**.
- Maura: And why do you think it is? Is it stress related? Is your mind just thinking too much about things?
- Harp: I think it's a little bit of that, just more responsibility now that I'm a homeowner, and all the things that I have to take care of. It's not fun, though.
- Maura: No, it's not. I know, like I said, whenever I wake up in the middle of the night, I **toss and turn** and I find it really hard to get back to sleep. It's so frustrating.
- Harp: Yup. I agree.
- Maura: Have you tried the old advice of **counting sheep**?

- Harp: No, I can't **count sheep**. But I have a technique that my friend taught me. And that's that basically I count five things that I can touch, and then I count five things I can hear, and then I count five things that I could see if my eyes were open. Then I do four things that I can see, touch, and hear, and then I do three, and then I do two, and it usually works pretty well at getting me back to sleep.
- Maura: That's interesting. Next time I wake up, I'm going to try that.
- Harp: Yeah, because it's not like you're concentrating on just on counting anything, you have to think a little bit and it distracts you from thinking about the things that stress you.
- Maura: Yup. That sounds like pretty good advice. So if you're listening out there and you have trouble sleeping, maybe you can try doing that too.
- Harp: Yeah, let me know if it works for you.
- Maura: Yeah. All right, now I knew this was going to happen, Harp. We're near the end of the episode and now I'm tired, and I'm just so looking forward to going to bed tonight.
- Harp: I agree wholeheartedly.
- Maura: You know, when you get under your covers. And now it's getting a bit cold outside, so it's so nice to get all warm and cozy in bed.
- Harp: Definitely. I can't wait to be in bed.
- Maura: OK, so first we talked about different kinds of sleepers, like **early risers** and **late risers**.
- Harp: Then we talked about how important sleep is.
- Maura: And then we told you a little bit about our own sleeping habits.
- Harp: Remember everyone, check out our website, Culips.com, that's C-U-L-I-P-S.com, and support us, become a member.
- Maura: And if you're on Facebook, come on over and say hi, especially if you're up in the middle of the night and you can't sleep.
- Harp: Good point.
- Maura: We'll talk to you again soon. Bye!
- Harp: **Sleep tight. Don't let the bed bugs bite!**

Detailed Explanation

Shut-eye

This word, **shut-eye**, is simply a slang way to say sleep. When you sleep, your eyes are shut for a long time, so **shut-eye** means sleep. This expression is almost always said as *to get some shut-eye*. When you use this expression in a negative sentence or a question, you change *some* to *any*, as in *I didn't get any shut-eye last night* or *Did you get any shut-eye?*

Here is another example with **shut-eye**:

Hannah: I haven't gotten any **shut-eye** for the past couple of nights.

Karen: That's too bad. I hope you can sleep better tonight.

An early riser/a morning person

To rise means to stand up or sit up from a lying-down position. When we wake up in the morning and get out of bed, we rise. Nowadays, using the verb *to rise* to talk about getting up in the morning usually sounds too formal, like old-fashioned English. But even though we don't usually use *to rise* to talk about getting up, we still have this expression about those who like to get up early in the morning: **early risers**.

Early risers wake up early. This is the same for **morning people**. **Early risers** and **morning people** both wake up early. **An early riser** might still be groggy or tired for a little bit after they wake up. They might even be grumpy when they wake up. **But a morning person** wakes up early and is able to happily start their day right away. This is the kind of person who is happy, talkative, and active very soon after waking up. **Morning people** like mornings.

An early riser might also be **a morning person** and **a morning person** is always **an early riser**.

Here are a couple more examples with these expressions:

Jenna: I wish I were **an early riser**. Supposedly people who wake up early are more successful.

Luke: I'd like that too, but I know I'd just be dragging my feet. I'm usually pretty out of it when I get up early.

Ken: Can you hear my aunt whistling downstairs? She's such **a morning person**!

Pete: Wow, you're right. It's so early! I think I'm going to stay in bed for at least another hour.

A good night's sleep

If you get a **good night's sleep**, it means you sleep well through the night and feel rested in the morning. The phrase *to get a good night's sleep* can be used in exactly the same way as *to sleep well*.

This expression is used a few times in this episode. On every occasion, it could be replaced with *to sleep well*. One example of this is when Maura says, "I always like to get a **good night's sleep**," she could also say, "I always like to sleep well."

Here's one more example with **a good night's sleep**:

Fred: Sometimes I find it hard to get **a good night's sleep**. Last night I was up until 3:00 in the morning.

Craig: I know what you mean. I haven't been sleeping too well myself.

Groggy/out of it

When a person is described as **groggy**, it means they are tired and weak, and they also might feel confused. People are often described as **groggy** in the morning, not long after they have woken up. Grogginess is often caused by not getting enough sleep.

Grogginess can be both physical and mental, but being described as **out of it** focuses more on someone's mental state. A person who is **out of it** could also be easily confused. This person might not be focused on what is happening and could be thinking about other things. Someone could be **out of it** in the morning, but this expression can be used at any time of the day.

Here is an example with **groggy** and **out of it**:

Oliver: You look so **out of it**. Here, have a coffee.

Irene: Thanks. I'm always **groggy** in the morning until I have some caffeine.

To hit snooze

On most modern alarm clocks, there is a **snooze button**. This is the button you can press when your alarm sounds and you want to sleep a bit longer. When a person hits **the snooze button**, the alarm turns off and usually sounds again in about 10 minutes. The amount of time that **the snooze** lasts for is a bit different on each clock.

This can be said in a variety of different ways: **to hit snooze**, **to hit the snooze button**, **to push the snooze button**, and many more. Harp also says that she **snoozes** in the morning. She says that she **snoozes** about three times. This is another way you can talk about using **the snooze button**, but be careful, because **to snooze** can also simply mean to sleep for a short time, like *to nap*.

A late riser

Just like there are early risers, there are **late risers**. These are people who like to sleep late in the morning or even into the afternoon. **Late risers** can usually only do this on the weekend or risk being late for school or work.

Here's an example with **late risers**:

Daniel: Where's Sophia? Is she still sleeping?

Jasmine: Yup. She's always been **a late riser**.

A night owl

A night owl is someone who likes to stay up late at night and continues to be active. This name comes from an actual **night owl**, which is a kind of bird that stays awake at night and sleeps during the day. Because people who are **night owls** stay up so late at night, they are often also late risers.

Here is an example with **a night owl**:

Manuel: My neighbour wakes me up in the middle of the night sometimes. It seems he's always awake and always doing something. I can hear his television through the wall.

Nancy: Wow, he's a real **night owl**, huh?

The opposite of **a night owl** is an early bird, an expression that comes from the proverb *the early birds catches the worm*.

The crack of dawn

Dawn is the time in the morning when the sun is just coming up. The sun rises at dawn and sets at dusk. **The crack of dawn** is the moment when the sun is just barely visible, when just a little bit of sunlight, or just a crack of sunlight, can be seen. But this expression is usually not used in such a specific way, instead, it just represents the very beginning of the day. When we say something happens at **the crack of dawn**, it means that it happens very early in the morning, at the beginning of the day.

In this episode, Maura says that when she was younger, she had to start work at **the crack of dawn**. This does not mean that she actually started work as the sun was coming up. She uses this expression to emphasize that it felt very early in the morning.

Here is an example with **at the crack of dawn**:

Luke: I've got to go to bed now. I have to get up at **the crack of dawn** tomorrow.

George: Goodnight, then. Have a good sleep.

I'm talking...

Here's a strange little expression that can be used when a person is describing something. It is used to clarify, emphasize, or give more information about whatever the person is already talking about.

In this episode, Maura uses this expression to clarify how early she used to start work. She says that she used to have to get up at the crack of dawn. Then she says, "**I'm talking** like 7 o'clock in the morning. She is explaining and emphasizing just how early it was when she had to work.

Here are a couple more examples with **I'm talking...**:

Lisa: So how crazy was Doug last night on the dance floor?

Pete: He danced all night. **I'm talking** non-stop, from 7:00pm until 2:00 in the morning.

Sheila: Have you seen how big Shawn's feet are? **We're talking** like size 18 or something ridiculous like that.

Justin: Whoa. I'll have to check them out next time I see him.

This expression can be used with any subject, for example **he's talking**, or **they're talking**. This expression is often followed by *like*, as in *I'm talking like...*

A nap/a catnap

A nap is a short duration of sleep outside of a person's regular sleeping time. A common time for **naps** is in the afternoon, but **naps** can also be taken in the morning or evening. **Naps** can range from 15 minutes to a few hours. Babies and children often take **naps**. Their parents put them back to sleep for a couple of hours during the day.

A catnap is a more specific kind of **nap**. **A catnap** is quite short and the person does not fall into a deep sleep. The name makes a comparison to cats, which often sleep throughout the day for short periods of time and then easily wake up with energy.

Here's an example with **naps** and **catnaps**:

Justin: I took **a nap** today and I feel so energized.

Olive: Yeah, I've been taking **catnaps** for years and I find they always give me energy.

A siesta

If you're a Spanish speaker, you already know the meaning of this word! **Siesta** is a Spanish word that we use in English too. We use it to talk about a midday nap. A true **siesta** is likely related more to culture and climate than just being tired. One possible reason for the traditional **siesta** is to simply spend more time with family during the day. It might also be related to feeling tired after eating lunch in very hot climates.

An insomniac

Insomnia is a sleep disorder where people can't sleep very much or at all. A person who has insomnia can be called **an insomniac**. The suffix *-iac* can be used with a root word to create a kind of person. For example, *mania* can become *maniac* and *amnesia* can become *amnesiac*. There are also other uses for the suffix *-iac*.

Your mind is racing

When a person's **mind races**, they think very quickly and feel as if they don't have control over their own mind. Some sort of stress is almost always the cause of this, and it is often the reason why people cannot sleep. They lie in bed and think about all kinds of stresses or worries. When these kinds of thoughts come and go very quickly, we can say that **the mind is racing**.

Here's another example with this expression:

Ryan: Jayden has really had trouble sleeping lately, hasn't he?

Kyle: Yeah. He says that when he wakes up, **his mind races**, and then he just can't get back to sleep.

A spring chicken

A spring chicken is slang for a young person. The possible origin of this expression is that young chickens have the most tender meat. Chickens that were killed in the springtime, while they were still young, were the freshest and most delicious.

Here's an example with **a spring chicken**:

Samantha: Look at those kids dancing over there.

Ivan: They're so cute. It makes me think of when I was **a spring chicken**!

The term **a spring chicken** is most often used in the expression *to be no spring chicken*. In this expression, the meaning is that the person is not young anymore. We've got a Culips episode called *Over the Hill* where we talk about *to be no spring chicken* and other expressions that mean that someone is old!

To toss and turn

To toss and turn means to move around a lot in bed and be unable to sleep. If someone says, *I tossed and turned all night*, we know that they did not sleep well.

Here's one more example with **to toss and turn**:

Mitch: I couldn't sleep last night because I was so worried about the test this morning.

George: Yeah! I **tossed and turned** last night too.

To count sheep

Counting sheep is one of the most widely known methods that people can use to fall asleep. The idea is that a person will picture sheep jumping over a fence and will count them as they jump. This is simple enough to occupy the mind, as well as repetitive and boring, which would hopefully put the person to sleep.

But this isn't really the most successful or most popular way that people who are having trouble sleeping can get to sleep. In fact, most people do not actually use this technique or believe that it really works. It is the most commonly known though, and because of this, there are many references to **counting sheep** in movies, television shows, and songs.

Here's an example in a song called *In the Wee Small Hours of the Morning*, by Frank Sinatra:

In the wee small hours of the morning
While the whole wide world is fast asleep
You lie awake and think about the girl
And never ever think of **counting sheep**

Sleep tight. Don't let the bed bugs bite.

This is an old rhyme that people might say to each other right before going to sleep. It is often shortened to simply *sleep tight*. With this expression, you are wishing someone a good night's sleep. It's just like saying, *good night* or *sleep well*.

If you want to know more about this expression and its possible origins, check out one of our first Culips episodes ever, called *Sleep Tight*.

Quiz

- 1. Which of the following is a person who wakes up late?**
 - a) an early riser
 - b) a late riser
 - c) a morning person
 - d) a night owl

- 2. Who is most likely to be cheerful early in the morning?**
 - a) a morning person
 - b) a night owl
 - c) someone who's out of it
 - d) a groggy person

- 3. If a person hits snooze, what does this mean they want to do?**
 - a) wake up right away
 - b) sleep until the afternoon
 - c) sleep for about 10 more minutes
 - d) wake up earlier than planned

- 4. What time of day is the crack of dawn?**
 - a) the early morning
 - b) the late morning
 - c) the middle of the afternoon
 - d) the evening, just before the sun sets

- 5. What is the difference between naps and siestas?**
 - a) There is no difference.
 - b) Naps can be taken at any time, but siestas are always taken in the afternoon.
 - c) Siestas can only be taken in Spanish-speaking countries.
 - d) Naps are only 15 minutes long.

- 6. What kind of person is an insomniac?**
 - a) someone who loves sleeping
 - b) someone who counts sheep
 - c) someone who sleeps a lot
 - d) someone who has trouble sleeping

7. Joshua: I couldn't sleep last night. I _____ for hours.

Please fill in the blank.

- a) turned and tossed
- b) tossed and turned
- c) snoozed
- d) took a catnap

8. What is true about counting sheep?

- a) It is the most popular method people use to try and fall asleep.
- b) Most people believe counting sheep puts people to sleep easily.
- c) It is often referred to in pop culture.
- d) You can't do it if you don't have sheep.

9. To say *sleep tight* is just like saying which of the following expressions?

- a) Goodnight.
- b) Have a good night's sleep.
- c) Sleep well.
- d) all of the above

Answers:

1.b 2.a 3.c 4.a 5.b 6.d 7.b 8.c 9.d