

Catch Word #83 – I'm dead tired

Transcript

Maura: Hello everyone! It's Maura.

Harp: And Harp!

Maura: And we're back with your Culips podcast, where we teach you fun, natural **English** expressions.

Harp: Yes. Make sure you go to our website, Culips.com, that's C-U-L-I-P-S.com, because there you can become a member, and then you'll have access to the learning material, which has a complete transcript, a detailed explanation, and even a quiz.

Maura: And while you're there, you can check out our older episodes. And for those of you on iTunes, check out our website to get to know us more.

Harp: Yeah. We even have a blog.

Maura: Now, today's episode is a Catch Word episode, where we look at some expressions and we give you some synonyms and some examples.

Harp: Yes, exactly.

Maura: And today's expressions are ways to say that you are tired.

Harp: Yes, different ways of saying that you're very tired.

Maura: And then we'll also tell you some expressions you can use to say that you've slept well, so after you were tired and went to sleep, how you can say that you had a good sleep.

Harp: All right, so let's start with slang ways to say that you're really tired.

Maura: Right. Well first of all, you can say ***I'm dead***, which means you're really tired.

Harp: Yeah, ***I'm dead tired***, or ***I'm dead***.

- Maura: Yeah. You can say either of those and it means you're really tired. You could also say that **you're beat** and this, again, is another slang way that we say we're really tired.
- Harp: Yeah, to say that **you're beat** means you're really tired, you're really exhausted. It's a slang way of saying it.
- Maura: Right. So, let's give a dialogue example with this slang.
- Harp: OK, let's do it.
- Maura: So, Jane, how're you feeling today? How was work?
- Harp: **I'm beat.**
- Maura: I guess you had a hard day at work.
- Harp: I'm so tired. I feel **dead tired** right now.
- Maura: Well, are you gonna go to bed?
- Harp: I have to. I can't do anything else. I'm so tired.
- Maura: OK, well, goodnight.
- Harp: Goodnight.
- Maura: OK, so there's one example when you could say that **you're dead** or **you're beat**. But of course you can use it any time you feel tired: in the night, in the morning, in the middle of the day.
- Harp: Yeah, I usually actually say it in the afternoon 'cause I find, about 3:00 in the afternoon, I'm so tired at work. I feel **dead tired**. So I always have a tea break in the afternoon.
- Maura: Mhmm. I usually start to feel tired when I get home from work and I can finally sit on my couch. That's when I feel **dead**.
- Harp: Yeah.
- Maura: Now, there are more ways, of course, that we can say that we're tired. Some other ways are **to be pooped**.
- Harp: Yes, **to be pooped**.

- Maura: So you can say *I'm pooped*. It sounds funny.
- Harp: It does.
- Maura: And we should mention that, a lot of the time, this expression is used for kids.
- Harp: Yeah. You could see a kid would come in after school and say *I'm pooped*.
- Maura: Right, because they're tired. And another expression, again, kind of a cute expression that kids might use is *to be tuckered out*.
- Harp: Yes. I only use this with kids.
- Maura: Do you?
- Harp: Mmhmm.
- Maura: So do you ask them if **they're tuckered out** after they've been playing all day?
- Harp: Yeah, or usually, my nephew, after a lot of time outside and playing and he's just jumping and stuff, he'll just fall asleep on the couch and I always say *Aw, he's just tuckered out*.
- Maura: Yeah, it's so cute. And using these expressions is fun because they sound cute.
- Harp: Exactly.
- Maura: OK, so, let's an example with these expressions.
- Harp: OK. Hi Melinda. How are you?
- Maura: Oh, good, good. How are you?
- Harp: Good. Oh, it was John's first day at school today, right?
- Maura: Yeah, it was.
- Harp: How is he? How was his first day?
- Maura: Well, I think he really liked it, but as soon as he got home, he went right to bed. **He was pooped**.

- Harp: That's so cute.
- Maura: Yup. I think all of the excitement and energy at school really **tuckered him out**.
- Harp: Yeah, definitely.
- Maura: OK, great. Now, we have one more expression to say that you're tired.
- Harp: Yes. And this expression is **to be knackered**.
- Maura: Mmhmm. **To be knackered**. And we should also mention that this expression is used a lot in England, but a little bit less in Canada.
- Harp: Yes. You know, actually, every time I think of this expression, in my head it's said with a **British** accent.
- Maura: And every time I use it or hear it, I think of all my friends in England who I've heard say it. And it just sounds more natural.
- Harp: Yeah, it sounds **British** to me.
- Maura: But sometimes in Canada and in North America, you might hear someone say this.
- Harp: Yeah, definitely.
- Maura: Yeah. So, **knackered** is another way to say that you're tired. Should we give one more example?
- Harp: Yes.
- Maura: How was your weekend of ... uh ... camping and hiking, right?
- Harp: I feel like I need another weekend. **I'm knackered** after all that hiking.
- Maura: Yeah, that'll really **tire you out**.
- Harp: Yeah. On Sunday night I was just so tired.
- Maura: So, now that we've gone through **a whole bunch of** slang ways that you can talk about being tired, we also wanna give you a couple expressions you can use after you've gone to sleep and you've slept really well, of course, because you were so tired.

- Harp: Yes.
- Maura: So, the first expression that means that you sleep really well is ...
- Harp: ***To sleep like a log.***
- Maura: Mmhmm. ***To sleep like a log.*** So, it compares your sleep to a log.
- Harp: What is a log, Maura?
- Maura: Well, a log is a piece of dead wood, a tree that's been cut down. And if you think about it, does a log move?
- Harp: Nope.
- Maura: Does a log think?
- Harp: Nope.
- Maura: Right. So if you **sleep like a log**, you sleep really, really well.
- Harp: Yeah. So after you're **dead tired** or after **you're beat**, usually you **sleep like a log**.
- Maura: Yeah. You go to bed and you fall asleep immediately. So, let's give an example with this expression: ***to sleep like a log.***
- Harp: OK. Good morning!
- Maura: Good morning!
- Harp: Sounds like you got some good sleep yesterday. You seem well rested.
- Maura: I slept so well. Your **pull-out bed** is so comfortable. I **slept like a log**.
- Harp: Oh, that's great!
- Maura: So, in this example, I **slept like a log** because the bed I slept on was comfortable, and maybe I was really tired. Can you think of a time, Harp, that you **slept like a log**?
- Harp: I usually sleep quite well, so I **sleep like a log** most of the time.
- Maura: Oh, you're lucky.

- Harp: Yeah. As I'm getting older, I'm having more difficulty, but I find that I **sleep like a log** after I do a lot of physical activity. If I've exercised a lot or when I move to a new apartment and I have to pick up lots of boxes, those nights I **sleep like a log**.
- Maura: Yeah. I think that's true, especially if you do a lot of physical activity. Often people sleep well after that. Now, let's look at one more expression that also means that you slept well.
- Harp: OK.
- Maura: And it has a similar form to **to sleep like a log**, except this time, you're not comparing your sleep to a log; you're comparing your sleep to a baby.
- Harp: Yes. The next expression is *I slept like a baby*.
- Maura: Right, *to sleep like a baby*. So, why would we compare sleep to a baby?
- Harp: Well, when you see a baby who's sleeping, they just look so calm and peaceful and like they're getting so much rest.
- Maura: Yes, that's true. And sometimes babies fall asleep in the strangest places, with lots of noise or action. But they manage to fall asleep.
- Harp: Yeah, definitely.
- Maura: So, if you sleep like a baby, again, it means that you slept well, didn't have any problems falling asleep, and you **slept through the night**.
- Harp: Exactly.
- Maura: So let's give a dialogue example for this one too.
- Harp: Let's do it.
- Maura: So, how are you feeling now? Are you feeling any better after your cold?
- Harp: Well, last night I slept like a baby, so I'm feeling a lot better today.
- Maura: Oh, good. Did you take some medicine before going to bed?
- Harp: No, I just took a hot bath and I just felt really relaxed and I just slept like a baby.

- Maura: Nice. I'm glad to hear it.
- Harp: Yeah. I feel much better.
- Maura: OK, good. Now, let's recap over all these expression we looked at in this episode. First, we started with expressions that mean that you're tired. And which slang expressions did we go over?
- Harp: We started with **to be dead** or **to be dead tired**.
- Maura: Mmhmm. And similar to that is **to be beat**.
- Harp: Yes. And then we looked at **to be pooped**.
- Maura: And **to be tuckered out**, which are normally used for kids and are kind of a cute way to say that you're tired.
- Harp: Definitely. And then we looked at **to be knackered**.
- Maura: Which we sometimes use in Canada but is very popular in the UK. And then we looked at expressions that mean that you slept well. And the first one was **to sleep like a log**.
- Harp: And then *to sleep like a baby*.
- Maura: So, that's it for today's episode.
- Harp: Make sure you check out our website.
- Maura: Culips.com, that's C-U-L-I-P-S.com. And if you're listening to us at night, we hope you sleep like a baby.
- Harp: Yes, sleep like a baby. Bye everyone!
- Maura: Bye!

Detailed Explanation

To be dead/to be dead tired

The expressions **to be dead** and **to be dead tired** are very helpful for communicating that you are really exhausted. **To be dead** literally means that you are no longer living. But in this expression, the word **dead** is used to emphasize how tired you are. In this metaphor, **dead tired** means that you're so tired that once you fall asleep, it's so difficult to wake you up that it's almost like you're dead.

To be beat

There are a number of different ways the word *beat* can be used. One common use of the word *beat* refers to hitting something with force, for example: *The older bully beat the younger kid until a teacher intervened.*

The same definition of the word *beat* can be used in musical terms: *We beat the drum in rhythm.*

Similarly, the timing or rhythm of a piece of music can also be called its beat. The definition of *beat* most relevant to the word's use in this episode however, is to win out over something else. For example: *I beat all the other runners in the race and came in first.*

Another example is: *I was beat by two other runners and came in third.*

When we use the expression **I'm beat** to illustrate how tired we are, what we're saying is that it's like we've been in a race with tiredness and we've been beat, meaning that tiredness has won. **To be beat** means that you are so tired that you can't do anything else.

To be pooped

The word *poop* has many slang uses, one of which is a childish way to say *excrement*, but that meaning isn't involved in the use of the word **pooped** as a synonym for *tired*.

As Harp and Maura explain in this episode, this expression is often used by kids. It means *to be tired*. A child might say **I'm pooped** at the end of the school day because they're exhausted. Here are some more examples of this expression:

Bernice: We haven't slept well since we returned from our trip.

Marcy: Yeah, **I'm pooped**. I can't keep my eyes open.

Alan: Are you leaving already?

Tomas: Yeah. I have to go home. **I'm pooped**.

To be tuckered out

This is an American expression that originated in New England, which is an area of the US made up of the six states in the North-eastern corner of the country: Maine, New Hampshire, Massachusetts, Connecticut, Vermont, and Rhode Island. In the 19th century, the verb **to tucker** was first used informally in New England to mean *to tire* or *to make weary*.

To say that someone is **tuckered out** simply means that they are tired. The phrase became more popular in the 1930s and 1940s because it was often used in Western movies. Here are some examples of how it is used:

Jeanne: How was your family vacation?

Clara: It was good, but **the kids are tuckered out** from all the travelling.

Megan: What a long day! **I'm tuckered out**.

Nadja: You look exhausted. Why don't you take the rest of the day off?

To be knackered

As Maura and Harp mention, this is a common expression in the UK. Like the other expressions we talk about in this episode, this too means to be really exhausted.

The word *knacker* is an old word used to describe a person whose job it was to kill animals that were no longer useful, like old horses that couldn't do any more work. (This is different than killing animals for food.) So when the expression is used to say that you're tired, it's like saying that you're no longer able to do anything, so you're ready to be *knackered*.

Of course, this is not a literal expression; we don't kill people for being tired! It's just comparing how tired you are to an old animal that has worked to the end of its usefulness.

British, English

The United Kingdom is a country made up of four smaller countries: England, Northern Ireland, Scotland, and Wales. The name *Great Britain* refers to the large island and group of smaller islands surrounding it that together make up the countries of England, Scotland, and Wales. This explains why the full name of the country is The United Kingdom of Great Britain and Northern Ireland. Sometimes, the words **English** and **British** are used interchangeably, but the adjective **English** means only from England (unless we're talking about the English language!), while **British** includes Scotland and Wales too. When it's the UK we're talking about, that includes the three countries of Great Britain in addition to Northern Ireland.

To be tired out

This episode is about sleep, which isn't exactly the same as being tired. Sleep is something we do every day because our bodies need it. In everyday life, most of our conversations about sleep are about the times when we want to go to sleep because we're tired, or when we're tired because our sleep was not restful.

But **being tired out** doesn't necessarily mean that you need to go to sleep. Some people come home from work at the end of the day and feel **tired out**, so they have a lazy evening watching TV before they go to bed. The word *out* isn't necessary in **tire out**, we can also just say that people feel tired. Here's another example of how this can be used:

Annette: We should just let the kids run around in the back yard for a little while; it'll **tire them out** before bedtime.

A whole bunch/a couple

In this episode, Maura says that they've given you **a whole bunch** of ways to say that you're tired and that next they want to give you **a couple** expressions to say that you've slept well. These words, **bunch** and **couple**, are generic words used in place of specific numbers. Maura could have said "We've given you six ways to say you're tired," but instead she said "**a whole bunch**," which just implies that there were many expressions shared. By comparison, **a couple** almost always refers to only two.

A bunch can be used in a few different ways, but in all of its uses, it has to do with more than one of something. For example, you can refer to a cluster of grapes as **a bunch** of grapes. Or there is the famous show called The Brady **Bunch**, which gets its name because there are so many people in the family and their last name is Brady. So they are **a bunch**, or group, of Bradys.

To sleep like a log

Harp and Maura do a great job in this episode of explaining this expression, but to reiterate: when you **sleep like a log**, it means you have a very deep sleep in which you are not disturbed or restless. On nights when you **sleep like a log**, you may not respond to any noises around you. Here's an example with the expression:

Matty: I didn't hear you come to bed last night, what time was it?

Pilar: Not too late, but you were **sleeping like a log**.

Another expression that could have been used here is *out like a light*. Pilar could have responded “Not too late, but you were out like a light.” This expression also means that your sleep was so deep that you couldn’t be disturbed. Once you’ve switched off a light bulb, it won’t light up no matter what. It has to be switched back on first. A person who is *out like a light* will not respond to anything until they wake up on their own.

A pull-out bed

This is a type of bed that is commonly used to accommodate guests. **A pull-out bed** is one that can be folded up into a sofa and then pulled out when it is needed. These are also called sofa-beds because they are both a sofa and a bed. **A pull-out bed** is different from a futon, which is just folded down into a bed. **A pull-out bed** looks like a sofa, but you can take off the sofa cushions and fold out the bed frame and mattress to turn it into a bed.

To sleep through the night

If you’re a parent, you know how long the night can feel when your baby keeps waking up throughout the night. The next morning, you might not feel well rested because the periods of sleep between the baby’s waking were not very long.

Sometimes people don’t **sleep through the night** because they have a restless sleep. If you break down that word, it’s made of two words: *rest* and *less*. *Restless* is the opposite of *restful*. When you sleep through the night, it’s a sleep that’s full of rest, but when you don’t sleep through the night, it’s a restless sleep.

Quiz

1. Which of the following is an incorrect use of the word *beat*?

- a) This song has a great beat.
- b) My heart is beating so fast.
- c) There is a beat of light coming through the window.
- d) I am beat after such a hard day.

2. When we use the word *dead* to say we are tired, how is it being used?

- a) literally
- b) metaphorically
- c) orally
- d) metaphysically

3. Which two expressions are usually only used with children?

- a) tuckered out
- b) dead tired
- c) pooped
- d) knackered

4. Many of the examples in this episode are metaphors that compare how tired we are to something else. Which of the expressions just literally means *tired*?

- a) knackered
- b) dead tired
- c) beat
- d) tuckered out

5. Which of the following equations is incorrect?

- a) UK = Northern Ireland + England + Scotland + Wales
- b) Britain = England + Ireland
- c) UK = United Kingdom of Great Britain and Northern Ireland
- d) Great Britain = England + Scotland + Wales

6. Which of the following uses of the word *bunch* is incorrect?

- a) I drank a bunch water.
- b) I have a bunch of questions for you.
- c) I know a whole bunch of people.
- d) There is a bunch of herbs growing in the garden.

7. The expressions *to sleep like a log*, *to be out like a light*, and *to sleep like a baby* all have what in common?

- a) They mean that you have a restless sleep.
- b) They are used to say you are exhausted.
- c) They usually don't mean you sleep through the night.
- d) They imply that the sleep is so deep that it can't be disturbed.

Answers: 1.c 2.b 3.a and c 4.d 5.b 6.a 7.d