

6B Sleeping Beauty

1 GRAMMAR

used to, be used to, get used to

a Circle the correct answer.

- Before my sister had children she used to sleep sleeping for eight hours every night.
- When we moved to Britain from Poland we weren't used to *drive* / *driving* on the left.
- Chris got divorced last year but he soon got used to *live* / *living* on his own.
- I *used to* / *use to* know her, but we lost touch years ago.
- My parents are slowly getting used to *be* / *being* retired.
- My new job is exhausting. I'm not used to *work* / *working* so hard.
- Did you use to *play* / *playing* a musical instrument at school?
- When Bill was a student, he *used to* / *was used to* eat pizza every day.

b Rewrite the sentences using a form of *used to*, *get used to*, or *be used to* and a verb.

- Stephen wasn't so assertive in the past.
Stephen didn't use to be so assertive.
- Has working at night become less of a problem now?
Have you _____ at night?
- I don't normally have breakfast so early.
I'm _____ breakfast so early.
- Chloe wore her sister's clothes when she was a child.
Chloe _____ her sister's clothes when she was a child.
- We have adapted to living in the country very quickly.
We have _____ in the country very quickly.
- She often looks after people so she will make an excellent nurse.
She is _____ people, so she will make an excellent nurse.
- They still don't know how to use the new system – they keep making mistakes.
They haven't _____ the new system yet.
- I couldn't sleep because I don't normally sleep on a sofa.
I couldn't sleep because I _____ on a sofa.

2 READING

- a Read the article quickly. Do the couple feel the same way about Adam's sleep talking?
- b Read the text again and complete it with the missing sentences. There is one extra sentence you do not need to use.
- A Ironically, Adam has never eaten them in his life.
B Karen's blog, Sleep Talkin' Man, has become an internet hit in more than fifty countries.
C Instead of investing in earplugs, she records her husband's comments.
D He went there once as a child, but he doesn't remember it.
E He thinks that his sleep-talking might be some sort of therapeutic process, because he always wakes up fully refreshed and relaxed.
F Karen says that Adam doesn't talk every night, but when he does, it happens every thirty seconds or few minutes.

How to deal with a sleep-talking husband

Most women would find it infuriating to be woken up night after night by their husband talking in his sleep. But one woman in the UK has found an interesting way of dealing with the problem. ¹ ____ And then she posts them on the internet.

36-year-old Karen Slavick Lennard is a web-products manager, and she's married to Adam, an advertising account director, also 36. They live together in Richmond, in south-west London. Karen first entered Adam's lines onto her laptop by hand, but now she uses a voice-activated recorder. 'I find every single thing Adam says hilarious,' she says, 'I cannot believe what he comes out with, and neither can he. We laugh like crazy every morning.' ² ____ Then he suddenly stops.

Adam talks about everything and anything in his sleep; from vampire penguins to zombie guinea pigs. Examples of the things he has said in a typical week include, from Tuesday night: 'Pork chops are the most satisfying. Mmmmmmm. Dangle them from the ceiling.' ³ ____ And then on Sunday at 5 a.m., he mumbled:

c Look at the highlighted words and phrases in the text and try to work out their meaning. Then match them to definitions 1–10.

- 1 sudden expressions of strong feeling _____
- 2 made upset _____
- 3 said quietly without opening the mouth properly _____
- 4 put a dead body in the ground _____
- 5 says something unexpectedly _____
- 6 hang freely _____
- 7 taking action to solve _____
- 8 behaving in a wild way, without any control _____
- 9 the ability to remember _____
- 10 completely ridiculous _____



Pork chops are the most satisfying. Mmmmm. Dangle them from the ceiling.

Shhhhhh. Shhhhhh. I'm telling you: your voice, my ears. A bad combination.

Don't leave the duck there. It's totally irresponsible.

Your mum's at the door. Bury me deep. Bury me deep.

'Your mum's at the door. Bury me deep. Bury me deep.' Another of his most memorable comments is: 'Shhhhhh. Shhhhhh. I'm telling you: your voice, my ears. A bad combination.'

Adam was gobsmacked when he first heard the strange statements recorded by his wife. 'I have no recollection of the absurd things I say,' he explains. 'They are not things that I would ever say or that any normal person would ever say.' At first, Adam was put out by the recordings and he refused to listen to them, but later he realized that they were quite fun. 'It was just my subconscious fully uninhibited and running riot,' he says. ⁴ ____ And both he and his wife look forward to listening to the tapes in the morning.

In fact, Karen and Adam are not the only ones who find Adam's outbursts entertaining. ⁵ ____ The couple have now started selling T-shirts and bags printed with Adam's comments on the site. The most popular among them are products featuring this one: 'Don't leave the duck there. It's totally irresponsible.'

3 VOCABULARY sleep



a Complete the sentences with a word connected to sleep.

- 1 We were cold in bed, so we opened the wardrobe to look for a blanket.
- 2 I never ov _____, because I always set my alarm clock before I go to bed.
- 3 She has to wear earplugs at night because her husband sn _____.
- 4 I was feeling sl _____ so I went to bed.
- 5 My grandmother takes sl _____ p _____ to help her to sleep.
- 6 It's impossible to wake Matt up. He sleeps like a l _____.
- 7 Alex never drinks coffee after dinner, because it k _____ him a _____.
- 8 I was so tired that I fell asleep as soon as my head hit the p _____.

b Match the words in the box to the definitions.

duvet fast asleep insomnia jet-lagged
nap nightmare set yawn

- 1 a thick cover filled with feathers that you sleep under duvet
- 2 a short sleep during the day _____
- 3 the condition of being unable to sleep _____
- 4 you do this to an alarm _____ (it)
- 5 a very bad dream _____
- 6 you feel like this when you fly, for example, from London to New York _____
- 7 you sometimes do this when you're tired or bored _____
- 8 you're in this state when you're unlikely to wake up soon _____






4 PRONUNCIATION

sentence stress and linking

- a **iChecker** Listen and repeat the sentences. Try to link the words and copy the rhythm.
- 1 We used to use blankets, but now we have a duvet.
 - 2 I'm not used to having a nap after lunch.
 - 3 We soon got used to living in our new house.
 - 4 I never used to have problems sleeping.
 - 5 Terry is used to working at night.
 - 6 She couldn't get used to living on her own.

b Write the words in the correct column.

alarm asleep fall fast insomnia
jet-lagged nap nightmare siesta yawn

1  horse	2  car	3  cat
_____	alarm	_____
_____	_____	_____
4  computer	5  chair	
_____	_____	
_____	_____	

- c **iChecker** Listen and check. Then listen and repeat the words.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

century /'sentʃəri/
 deep sleep /di:p sli:p/
 nightfall /'nattfɔ:l/
 loyal /'lɔ:əl/
 pray /prei/
 sleepwalk /'sli:pwɔ:k/
 syndrome /'sindrəʊm/
 video gamer /'vɪdiəʊ 'geɪmər/
 virtual reality /vɜ:tʃʊəl ri:'æləti/

5 LISTENING



- a **iChecker** Listen to a radio programme about how diet affects sleep and choose the best answer.

The dietician gives advice about... in order to sleep well.

- A what we should eat and drink
 B what we shouldn't eat and drink
 C what we should and shouldn't eat and drink

- b Listen again and complete the notes.

1 Avoid _____ in the afternoon and evening.

2 Don't eat a lot of _____ at dinnertime.

3 Don't have dinner _____ so as not to lie down with a full stomach.

4 Have a _____ in the evening instead of a heavy meal.

5 Don't drink too much _____ so as not to have to go to the _____ during the night.

6 Have a hot _____ before you go to bed.

7 If necessary, take valerian in _____ or tablet form to fall asleep more _____.

- c Listen again with the audio script on p.73 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

iChecker TESTS FILE 6






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