

How caffeine and alcohol affect your sleep

Part1: warm up

Ex1. Look at the pictures below showing different things associated with sleep and match the expressions with the right pictures.

sleeping pills

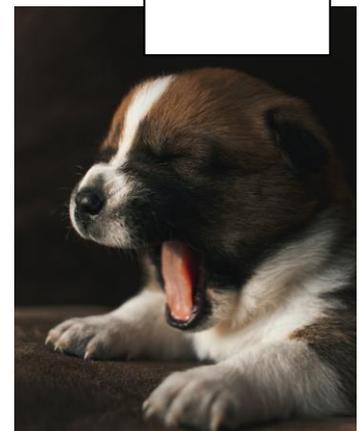
pillow

snore

duvet

yawn

blanket



source: unsplash.com

Ex2. Discuss the following questions with your partner:

1. Have you ever stayed up all night? Why?
2. Have you ever overslept and missed something important?
3. Have you ever sleepwalked?
4. How often do you have nightmares?

Part2: watching

Ex3. Watch the video below about sleep and answer the questions:

https://www.ted.com/talks/matt_walker_how_caffeine_and_alcohol_affect_your_sleep

1. How long does caffeine stay in your system?
2. What is the second issue connected with caffeine that Matt mentions?
3. What phase(s) of sleep is/are the restorative phase?
4. Is alcohol classified as a sedative drug? What is the difference between sedation and sleep?
5. How can alcohol fragment our sleep?
6. What is the third issue connected with alcohol that Matt mentions?
7. What is the message Matt wants to give at the end of the video?

Part3: vocabulary

Ex4. Look at the expressions from the video below and try to match them with their definitions:

1. alarm clock	a. zasnąć
2. fall asleep	b. śpiący głęboko
3. insomnia	c. koszmary
4. fast asleep	d. zaspać
5. nap	e. spać jak kamień
6. nightmares	f. budzik
7. jet-lag	g. zmęczenie po długiej podróży samolotem
8. sleep like a log	h. drzemka
9. oversleep	i. bezsenność
10. sheet	j. prześcieradło

Ex5. Now fill in the gaps with an appropriate expression from the previous task:

1. Bad dreams you have at night are called
2. Some people can't sleep because they suffer from
3. I took a shortafter dinner.
4. Most people set an before they go to sleep.
5. I had a long day, so I was in no time when I finally got into bed.
6. If you don't hear your alarm clock, you might
7. She put a clean on the bed.
8. I had bad after that last trip overseas.
9. She during the movie.
10. I have to set many alarms for the morning because I every night!

Ex6. Discuss the following questions with your partner. Make sure you use the key vocabulary from the previous activities.

1. How often do you change your **sheets**?
2. Have you ever suffered from **jet-lag**?
3. Do you usually take a **nap** in the afternoon?
4. How quickly do you **fall asleep**?
5. Do you set an **alarm clock** to wake up?

Part4: speaking

Ex7. After watching exchange the opinions on the following questions with your partner:

1. Are you a light sleeper or do you sleep like a log?
2. What do you do if you have a problem to fall asleep?
3. Do you ever take sleeping pills? How often? Do they work?
4. Do you feel encouraged to take more care of your sleeping routine?

Part5: homework

Ex8. Make sure to practice your vocabulary with some flashcards:

<https://quizlet.com/pl/672187665/how-caffeine-and-alcohol-affect-your-sleep-flash-cards/>

If you enjoyed today's video here is a follow up:

https://www.ted.com/talks/matt_walker_6_tips_for_better_sleep?referrer=playlist-sleeping_with_science