

Idiom Builder: Sleep



1 Warm Up: Work with a partner

Are there any sleep-related idioms in your language?

2 Matching: Match the words to the idiom

Match the words to the idiom. What do you think the expression means?

log winks rough losing sleep owl

- Homelessness is a very serious problem in many cities. A lot of people are **sleeping** every night.
- I don't have any lectures this afternoon. I think I'll **catch forty**
- Claire isn't any **sleep** over the exams. She's really confident!
- I always **sleep like a** Nothing ever wakes me up during the night!
- Julian is such **a night** ! He sends me email at three in the morning!
- Mary has been offered a new job. She's going to **on it** for a few days before replying.

3 Language Check: Match the meaning to the idiom from exercise two.

- to be worried about something
- to be regularly awake during the night
- to sleep outside in bad conditions
- to think about something before making a decision
- to sleep for a short period of time
- to sleep very well ('sleep soundly')

4 Check: Rewrite the sentences using an idiom from the list above.

- When I fly, I always try to sleep. However, I find it really difficult to fall asleep.
- Don't tell me now! Think about it for a few days, and then let me know!
- Apparently, there was an earthquake during the night. I slept really well and didn't notice anything.
- I like being awake during the night! It's really quiet, so I can get a lot of work done.
- James is performing in a play next week. He's worried about his lines. I hope he can remember them!
- Thomas lost his job and ended up sleeping on the street for several months.

5 Discussion: Work with a partner or in small groups.



- When did you last **lose sleep** over something?
- Do you **sleep like a log**? Can you **catch forty winks** in the afternoon?
- Are there many people **sleeping rough** in your country? What are the reasons?
- Are you **a night owl**?
- Do you usually make quick decisions, or do you prefer **to sleep on it** first?

Idiom Builder: Sleep (Teaching Notes)

Target Structure:	Idiom building
Vocabulary:	Idioms themed around sleep
Level:	Intermediate +
Time:	45 minutes, depending on discussion
Preparation:	None

Suggested Teaching Method:

This worksheet looks at some common expressions themed around sleep. There are a number of exercises to recycle the idioms, including discussion at the end.

- 1 Hand out one worksheet to each student.
Have students try to directly translate an idiom from their own language into English. If the translated idiom is similar to one of the idioms in the lesson, don't comment on it at this point! Instead, have students discover the idiom during the lesson.
- 2 Follow the instructions. Students can work alone, and then check in pairs.
- 3 Again, students can work alone and check in pairs. Elicit the answers from the group, and give further explanations or examples where necessary.
After going through the answers, give the students one minute to read the idioms again, and memorize them.
- 4 This exercise checks your students' ability to use the idioms in sentences. Students can work in pairs, and then check with a student from a different pair. For this exercise, have students cover the previous exercises.
- 5 Go through the answers with the group. Accept any answers that make grammatical (and logical) sense.

Answer Key (Other answers may be possible)

- 2
 1. Homelessness is a very serious problem in many cities. A lot of people are sleeping rough every night.
 2. I don't have any lectures this afternoon. I think I'll catch forty winks.
 3. Claire isn't losing any sleep over the exams. She's really confident!
 4. I always sleep like a log. Nothing ever wakes me up during the night!
 5. Julian is such a night owl! He sends me email at three in the morning!
 6. Mary has been offered a new job. She's going to sleep on it for a few days before replying.
- 3
 1. to be worried about something 3
 2. to be regularly awake during the night 5
 3. to sleep outside in bad conditions 1
 4. to think about something before making a decision 6
 5. to sleep for a short period of time 2
 6. to sleep very well ('sleep soundly') 4
- 4
 1. When I fly, I always try to catch forty winks. However, I find it really difficult to fall asleep.
 2. Don't tell me now! Sleep on it for a few days, and then let me know!
 3. Apparently, there was an earthquake during the night. I slept like a log and didn't notice anything.
 4. I like being a night owl! It's really quiet, so I can get a lot of work done.
 5. James is performing in a play next week. He's losing sleep over his lines. I hope he can remember them!
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