

Name _____ Date _____

I just can't sleep

Last night I was fast asleep by 11 p.m. but I woke up again at 1 a. m. Even though I was exhausted when I went to bed, I was suddenly wide awake and it was impossible to get back to sleep again. I just lay there watching the clock change from three to four to five without sleeping a wink. It was very frustrating.

Finally, I got up at 6:15 and went to work feeling terrible. That's a typical night for me. I've had insomnia for so long I'm amazed that anyone else actually sleeps through the night. When this goes on for too many nights I feel really shattered.

I'm a sales manager, and I work really long hours and have to do a lot of traveling. I worry about work all the time which makes it incredibly difficult to get to sleep. Sometimes I get home from work extremely late and when I go to bed everything is still going round my head. Money is also a huge worry for me. I borrowed a lot when I was a student and I still owe \$15,000. I only get a full night's sleep once a month - but when I do I feel absolutely fantastic the next day.

I've tried nearly everything to cure my insomnia - herbal teas, yoga, medication - you name it, I've tried it. I've also started going to the gym three times a week, but it hasn't made any difference. I have a fairly healthy diet and I don't smoke or drink coffee. I haven't tried hypnosis because it's very expensive and that would just add to my money problems. I don't want to start taking sleeping pills because I'm terrified of becoming addicted to them. Although I know it's an awful way to live, I've learned to accept that insomnia is part of my life.

Answer the questions below.

1. What time did she go to bed last night?

2. How much does she owe on her student loans?

3. What does she do for a living?

4. How long did she sleep last night?

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I just can't sleep - Questions

Answer the questions below.

5. Why can't she sleep?

6. What worries her?

7. How often does she get a full night's sleep?

8. What has she tried to cure her insomnia?

9. How often does she go to the gym?

10. How does drinking coffee affect sleeping?

11. What is one cure she has not tried yet?

12. Does she eat right?

Name _____ Date _____

I just can't sleep - Vocabulary

exhausted	terrible	impossible	huge	fantastic
awful	terrified	insomnia	amazed	shattered

can't sleep _____

tired _____

bad _____

big _____

surprised _____

frightened _____

good _____

difficult _____

bad _____

broken _____

Above: Choose the word from the Word Box that has a similar meaning.

Fill in the blanks below.

1. My uncle gets _____ when he is worried about something.
2. My mom is _____ of ghosts. If she thinks she sees one, she screams uncontrollably.
3. My dad is usually _____ after a hard day at work.
4. The food at that restaurant tastes so _____ that I couldn't finish my meal.
5. I think your neighbor _____ my window two days ago.
6. Something smells _____ in this room.
7. Now, it is _____ to live on other planets.
8. Hills are small but mountains are _____.
9. I feel _____ after taking a hot bath.
10. His mother-in-law was _____ at how fast he got here.

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I just can't sleep - Answers

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1. She went to bed before 11pm last night.
2. She owes \$15,000 on her school loans.
3. She is a sales manager.
4. She slept for 2 hours.
5. She has insomnia.
6. She worries about work.
7. She only gets a full night's sleep once a month.
8. She has tried herbal teas, yoga, medication to cure her insomnia.
9. She goes to the gym 3 times a week.
10. Coffee has caffeine in it so it keeps people awake.
11. She hasn't tried hypnosis.
12. She eats fairly right.

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can't sleep - insomnia
bad - terrible
surprised - amazed
good - fantastic
bad - awful
tired - exhausted
big - huge
frightened - terrified
difficult - impossible
broken - shattered

1. My uncle gets insomnia when he is worried about something.
2. My mom is frightened of ghosts. If she thinks she sees one, she screams uncontrollably.
My mom is terrified of ghosts. If she thinks she sees one, she screams uncontrollably.
3. My dad is usually exhausted after a hard day at work.
My dad is usually tired after a hard day at work.
4. The food at that restaurant tastes so awful that I couldn't finish my meal.
The food at that restaurant tastes so terrible that I couldn't finish my meal.
5. I think your neighbor shattered my window two days ago.
6. Something smells awful in this room.
Something smells bad in this room.
7. Now, it is impossible to live on other planets.
8. Hills are small but mountains are huge.
9. I feel good after taking a hot bath.
I feel fantastic after taking a hot bath.
10. His mother-in-law was amazed at how fast he got here.
His mother-in-law was surprised at how fast he got here.