

Name _____

Class _____

Date _____

1 Match the parts of the sentences.

- 1 ☐ It takes me a long time to fall
 - 2 ☐ I'll usually lie
 - 3 ☐ I'm a light
 - 4 ☐ When it's hot, I often take a
 - 5 ☐ I try to get about eight hours'
- a sleep a day.
 - b sleeper – I wake up very easily.
 - c nap in the middle of the day.
 - d asleep if I drink coffee.
 - e in on a Saturday morning.

5

2 Complete the sentences with words from the list.

snore | fast | under | over | get

- 1 I just want to hide _____ the covers on cold, rainy days.
- 2 I don't _____ enough sleep. I'm only sleeping four hours a night.
- 3 My parents _____ very loudly. I can hear them from the next room.
- 4 I was _____ asleep yesterday evening. I didn't hear the storm at all.
- 5 I'm sorry I'm late. I _____ slept this morning because I forgot to set my alarm.

5

3 Circle the correct words.

- 1 I won the competition! It's a *sleep / dream* come true!
- 2 I'm going to bed now. I need my beauty *sleep / dream*.
- 3 Don't worry. I know you made a mistake, but it's nothing to lose *sleep / dream* over.
- 4 My *sleep / dream* job would be an astronaut. I'd love to go into space.
- 5 I'd never *sleep / dream* of asking someone to do something I'd never do myself.

10

4 Complete the sentences. Use the correct forms of the verbs in brackets.

- 1 I wish I _____ more time to finish my homework. (have)
- 2 If only I _____ go to my friend's party tomorrow, but I can't. (can)
- 3 I'd prefer it if you _____ anyone my secret. (not tell)
- 4 It's time we _____. We'll miss the train if we don't hurry. (leave)
- 5 I don't like chocolate very much. I prefer _____ fruit. (have)

10

5 Find and correct the mistakes in the sentences.

- 1 It's time we go indoors – it's starting to rain.

- 2 I'd prefer it we had fish for lunch, not meat.

- 3 I don't want a new computer. I'd prefer keep the one I have now.

- 4 I'd rather to have a lie-in on Saturdays than wake up early.

- 5 If only I can have a nap – I'm so sleepy.

10

6 Complete the sentences with the words in the list.

far | nowhere | nearly | like | lot

- 1 I don't get _____ as much sleep as I need.
- 2 I feel _____ better when I've had a nap in the afternoon.
- 3 I'm a _____ taller than my brother.
- 4 It's _____ near as cold as it was last night.
- 5 I'm nothing _____ as tired in the mornings as I used to be.

5

7 Complete the sentences with one word in each gap.

- 1 I'm way better at maths _____ my parents.
- 2 It's nothing like _____ warm today as it was yesterday.
- 3 I have considerably _____ exciting dreams than I used to.
- 4 I woke up _____ like as late as I did yesterday. That's because I went to bed earlier.
- 5 I'm _____ nearly as good at football as my brother. He's amazing.

10

8 Complete the sentences with the words in brackets.

- 1 Pollution in some cities is worse than it was before. (drastically)

- 2 I'm not sleeping as much as I did a few years ago. (nearly)

- 3 The prices of a lot of things are higher these days. (significantly)

- 4 I sleep better when I don't drink much coffee. (way)

- 5 I'm as interested in football as most people. (nowhere near)

10

9 Match the problems with the advice.

- 1 ☐ I can't wake up early in the mornings.
 - 2 ☐ I always feel tired in the afternoons.
 - 3 ☐ I keep nodding off.
 - 4 ☐ I can hear people in the next room snoring loudly.
 - 5 ☐ I'm a really light sleeper.
- a You might want to consider drinking some coffee to keep you awake.
 - b I'd recommend making sure your room is dark and quiet to stop you waking up.
 - c Try not to go to bed so late.
 - d I find that waking them up helps!
 - e I'd recommend taking a nap after lunch.

5

10 Complete the conversation with suitable words. The first letter of each word is given.

- MARK** If only I could get to sleep more easily.
- SARAH** You might want to ¹c_____ switching off your phone before you go to bed.
- MARK** Yes, but I like to check my emails at night. And sometimes people text me.
- SARAH** Well, that's a problem. ²T_____ not to check your emails when you're going to bed.
- MARK** And what if I get an important message?
- SARAH** I ³f_____ that most messages can wait until the morning.
- MARK** The problem is that most of my friends text me late at night.
- SARAH** I'd ⁴r_____ asking them to text you some other time. Try ⁵n_____ to make checking your phone the last thing you do every night!

10

TOTAL SCORE **80**