



07 - VOCABULARY: A LIST OF PHRASES FOR SLEEPING



- **A night owl** is somebody who loves to stay up late.
- **An early bird** is someone who wakes up early consistently. There is also a saying in English that goes: **The early bird gets the worm.**
- Jane is **sleeping like a log.**
- She is **fast asleep.**
- Sarah is **falling asleep** at her desk.
- Last night I **didn't sleep a wink**
- I'm tired. I'm going to **hit the sack.** Good night!
- He falls asleep as soon as he **hits the pillow.**
- Mark often **drops off** watching TV.
- It's Saturday. Jane is **having a lie-in** (AE: is **sleeping in**)
- Mark: "Sorry I'm late. **I overslept.**
- **Take a nap:** This is sleeping during the daytime.
- **A heavy sleeper:** This describes someone who doesn't wake up easily at night. (opposite: **a light sleeper**)
- I **sleeps like a baby:** This is a heavy sleep that seems peaceful.
- **He snores:** He makes noises with his nose while sleeping
- Do you sleep **on your back, on your side** or **on your stomach?**
- I usually **get about six hours of sleep** a night.
- I was **tossing and turning** all night: This means moving around a lot in your sleep.
- Paul is **a restless sleeper:** This means that you move around a lot and wake up in the middle of the night.
- **Crawl back in bed:** Go to bed again after waking up.
- Damn! **I overslept!** This means sleeping too late.
- **Rise and shine!** Say this to someone as they're waking up. It sounds bright and cheerful.
- I don't know why but I'm **feeling sleepy**
- This medicine makes me **drowsy**