

Sleep Idioms

A sleepless night

- **to be awake for most of the night trying to sleep.**

To lose sleep over something

- **when you cannot sleep because something is on your mind.**

To be a heavy/light sleeper

- **if you are a heavy sleeper you are not easily woken, even by loud noises. A light sleeper will wake up even with small noises or distractions.**

Wide awake

- **when you are in bed but your mind is alert and you do not feel tired.**

To sleep like a log

- **to sleep very deeply**

To toss and turn

- **when you cannot sleep and you constantly change positions because you are not comfortable.**

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|----------------------|----------------------------------|
| 1.recharge batteries | (a) sleep soundly |
| 2.shuteye | (b) very early in the morning |
| 3.not sleep a wink | (c) sleep (informal) |
| 4.catnap | (d) short sleep |
| 5.hit the hay | (e) go to bed |
| 6.sleep like a log | (f) not sleep at all |
| 7.toss and turn | (g) be constantly moving in bed |
| 8.beauty sleep | unable to sleep |
| 9. wide awake | (h) regain energy be sleeping or |
| 10. crack of dawn | resting |
| | (i) fully awake |
| | (j) sleep before midnight or as |
| | recommended by health |
| | professionals (about 8 hours |

for adults) to preserve
youthful looks

Vocabulary: Sleep

Nouns

Insomnia
Fatigue
Nap
Sleepwalker
Sleeptalker

Adjectives

Heavy (sleeper)
Light (sleeper)
Sleepless (night)

Verbs

Sleep
Rest
Nap
Sleepwalk
Sleeptalk
Fall asleep
Snooze
Snore
Get (to sleep)