



week

high
intermediate

3

learning tools

song

Sleep
*My Chemical
Romance*

movie

Insomnia
*(Starring Al Pacino
and Robin Williams)*

website

Sleep Education
[http://www.sleep
education.com/](http://www.sleepeducation.com/)

key vocabulary

- Irritable
- Secrete
- Hormone
- Droop
- Dim
- Captivate
- Blink
- Surge
- Alert
- Spontaneous
- Priority
- Subtle
- Snore
- Accumulate
- Miserable
- Chronic

key idioms and slang

- out of sync
- sleep deprived
- counting sheep
- cat nap
- get some shut-eye
- slept like a log
- catch some Z's
- gonna crash

key structure

Present Unreal Conditional
If I had more free time, I'd learn to play the guitar.

conversation starters

- How much sleep do you usually get each night?
- Have you ever had problems sleeping?
- What are some things that keep you from falling asleep?
- Do you feel better or worse after taking a nap?
- Can you tell me about an example of a nightmare you experienced?