



APEX ENGLISH

Your voice. Global.

B2 · GENERAL ENGLISH

UNIT 2 · 2A

Sleep tight

Theme · Mind & Body



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Sleep tight

Theme: Mind & Body



Learning objectives

- Distinguish present perfect simple and continuous, and use each in context.
- Talk about sleep, rest and wellbeing with precise vocabulary.
- Give and receive advice about sleep habits.
- Hear and produce the contrast between /t/ and /k/.

Ask the teacher — notes to bring to class



Class Book

Warm-up

Take one minute to think about each prompt, then share with a partner.

How many hours of sleep did you get last night? Was that typical for you?

What's the one thing that always ruins your sleep?

Are you a morning person or a night owl — and has that changed in your life?

Lead-in: sleep myths — true or false?

You'll see six common claims about sleep. In pairs, vote **TRUE** or **FALSE** for each one and — this is the key part — explain **WHY** in one sentence. Don't read ahead; we'll check the answers after the reading.

1. **claim:** Everyone needs exactly 8 hours of sleep a night. · **verdict:** FALSE · **why:** It's an average — healthy adults can need anywhere from 6 to 9 hours.

2. **claim:** You can 'catch up' on lost sleep at the weekend. · **verdict:** FALSE · **why:** Lie-ins help short-term, but consistency matters more than recovery binges.

3. **claim:** A nightcap (alcohol before bed) helps you sleep deeply. · **verdict:** FALSE · **why:** It speeds up falling asleep but wrecks the second half of the night.

4. **claim:** Going to bed and waking up at the same time daily improves mood. · **verdict:** TRUE · **why:** A 30-minute consistency window is linked to better mood and memory.

5. **claim:** Older adults need significantly less sleep than younger ones. · **verdict:** FALSE · **why:** They sleep more lightly, but the total need barely drops.

6. **claim:** Looking at your phone in bed makes it harder to fall asleep. · **verdict:** TRUE · **why:** Bright screens suppress melatonin and keep the brain alert.

followUp: How many did your pair get right? Which one surprised you most? Tell the class ONE myth you've personally believed.

Reading: The 8-hour myth

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For decades we've been told that eight hours is the magic number. Anything less is dangerous; anything more is lazy. But scientists who have spent years studying sleep are now politely pushing back.

"The eight-hour rule was never a rule," says Dr. Lina Okafor, a sleep researcher at King's College London. "It's an average. Some adults thrive on six and a half; a few need closer to nine. What matters far more is the quality of those hours — and the rhythm."

Recent research suggests that consistency may matter even more than duration. People who go to bed and wake up within the same thirty-minute window every day — including weekends — report better mood, sharper memory and fewer colds, even when they're sleeping seven hours instead of eight.

The villains of modern sleep are familiar: bright screens late at night, caffeine after lunch, and the long human habit of bringing tomorrow's worries into bed. "We've been treating sleep as the thing we do when there's nothing left to do," Dr. Okafor says. "Until we flip that, no app or supplement will save us."

1. According to the article, the eight-hour rule is...
 - (A) a strict scientific law.
 - (B) an average that doesn't suit everyone.
 - (C) a recent invention by sleep apps.
2. What does the research suggest matters MORE than total hours?
 - (A) the room temperature
 - (B) consistency of bedtime
 - (C) the number of dreams
3. What are the THREE 'villains' of modern sleep mentioned?
 - (A) screens, late caffeine, and night-time worrying
 - (B) alarms, noisy neighbours, and old mattresses
 - (C) exercise, dinner, and sunlight
4. The phrase "flip that" in the last paragraph means...
 - (A) reverse our attitude toward sleep
 - (B) turn the mattress over
 - (C) skip a night of sleep

Vocabulary in context

Find these in the text and match them to the closest meaning.

politely pushing back — disagreeing in a calm, respectful way

thrive on — do really well with

consistency — doing the same thing in the same way each time

villains — the things blamed for a problem

the long human habit of — something humans have done for a very long time

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flip that — reverse / change the order of priorities

Vocabulary: sleep & wellbeing

doze — fall asleep briefly and unintentionally

slumber — sink gradually into a deep sleep

oversleep — sleep longer than you intended

lie-in — stay in bed late on purpose

catnap — a short sleep taken during the day

thrash — move restlessly in bed, unable to sleep

insomnia — the long-term inability to sleep

jet-lagged — exhausted from crossing time zones

rejuvenated — feeling fresh and reenergised because you've slept enough

drowsy — very sleepy, almost dropping off

overwrought — tense and unable to relax, often from caffeine or stress

depleted — exhausted by long-term stress

recuperate — rest in order to get energy back

sleep hygiene — the routines and habits that help good sleep

practice

Complete the sentences with **ONE** word/phrase from above (correct form).

1. I usually ____ on Sundays — sometimes until ten.

2. He kept ____ in the meeting — three coffees couldn't save him.

3. I've been ____ all night. I think it's the heat.

4. After two espressos at 9pm I was completely ____.

5. She's been working seventy-hour weeks; she's totally ____.

6. A twenty-minute ____ in the afternoon does wonders.

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7. I flew in from Tokyo last night — I'm hopelessly ____.

8. My doctor said my ____ is terrible: phone in bed, late dinners.

Practice 2 — collocations & rewrite

Rewrite each sentence replacing the underlined phrase with ONE word from this lesson's vocabulary. Keep the meaning identical.

1. The baby finally <u>fell into a deep sleep</u> after hours of crying.

2. I <u>slept much later than I meant to</u> and missed my train.

3. He's suffered from <u>a long-term inability to sleep</u> for years.

4. After the holiday I felt completely <u>fresh and reenergised</u>.

5. She took the weekend to <u>rest and regain her energy</u>.

Practice 3 — discursive writing

prompt: Write about how sleep, or the lack of it, has affected an important period of your life.

Use at least FOUR of the target words from this unit.

Include one indirect question and one negative question.

Aim for a reflective, cohesive C1 register.

sample: During my final year of university, insomnia became a nightly companion. I would lie awake until three, feeling more depleted with every exam that approached, convinced that sleep was something other, luckier people managed effortlessly. Then, for reasons I still don't fully understand, everything changed after a holiday abroad: despite being thoroughly jet-lagged for the first two days, I slumbered for nearly ten hours a night once my body adjusted, and I woke up feeling truly rejuvenated for the first time in months. I came home wondering why I had waited so long to change anything. Shouldn't we all treat rest as something we owe our bodies, rather than a reward we grudgingly allow ourselves? Now I try to recuperate properly every week, not just when I finally collapse.

Ask the teacher — notes to bring to class



Grammar focus: present perfect simple vs continuous

1. Form — • Simple: have/has + past participle → I have slept / She has finished. • Continuous: have/has + been + -ing → I have been sleeping / She has been working.

2. Continuous — **focus on the activity / its duration** — Use the CONTINUOUS to emphasise the activity itself, how long it has been going on, or that it explains a present result. • I've been working all morning — that's why I'm tired. • She's been studying Italian for three years. • Have you been crying?

3. Simple — **focus on result / completion / quantity** — Use the SIMPLE to emphasise the result, the fact that it's finished, or how many / how much. • I've finished the report. • She's read three books this week. • Have you ever lived abroad?

4. State verbs — **usually simple only** — Verbs of state (know, believe, own, love, hate, understand) normally use the SIMPLE even when the meaning is ongoing. • I've known her for ten years. (NOT been knowing) • He's had this car since 2019.

Exercise A — Simple or continuous?

Put the verb in present perfect SIMPLE or CONTINUOUS.

1. I (read) ____ this book all week and I still haven't finished it.

2. She (write) ____ four emails this morning already.

3. You look exhausted. ____ you (work) out?

4. I (know) ____ Marco since we were children.

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5. He (not sleep) ____ well for weeks.

6. We (live) ____ in this flat for ten years.

Exercise B — Spot the difference

Both sentences are grammatically correct. Match each to the situation it best fits.

1. a) I've painted the kitchen. / b) I've been painting the kitchen.

2. a) She's read War and Peace. / b) She's been reading War and Peace.

3. a) I've waited an hour. / b) I've been waiting an hour.

Exercise C — Conversations

Complete each mini-dialogue with the best form of the verb in brackets.

1. A: Why are your hands shaking? — B: I (drink) ____ way too much coffee.

2. A: How long ____ you (have) this headache? — B: Since lunch.

3. A: You're soaked! — B: I know, it (rain) ____ for an hour.

4. A: ____ you ever (try) sleeping pills? — B: No, never.

5. A: How many cups of tea ____ you (have) today? — B: Honestly? Six.

Listening: a week of bad sleep

Mia checks in on her colleague Jordan, who looks shattered. Read or listen to the dialogue, then close it and answer from memory.

Before you listen

What do you think has been keeping Jordan up?

What's the first piece of advice Mia is likely to give?

First listen — gist

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1. How long has Jordan been sleeping badly?

2. What time has he been waking up?

3. What does Mia think is the main cause?

Second listen — detail

1. What has Jordan already tried to fix his sleep?

2. How many projects has he finished this month?

3. What three rules of sleep hygiene does Mia mention?

4. What does Jordan promise at the end?

Mia: Jordan, you look exhausted. Have you been sleeping at all this week?

Jordan: Honestly? Barely. I've had maybe three good hours a night since Monday.

Mia: That's awful. How long have you been feeling like this?

Jordan: About two weeks. I've been waking up at four every morning, completely overstimulated.

Mia: Have you tried cutting back on coffee? You drink way too much.

Jordan: I've already stopped drinking it after lunch. It hasn't really helped.

Mia: Maybe it's stress. Have you been working late again?

Jordan: Constantly. I've finished two huge projects this month, and another one starts Monday.

Mia: Look, I've been reading about sleep hygiene. No screens after ten, cold room, same bedtime every night.

Ask the teacher — notes to bring to class



Jordan: Sounds harsh, but I'll try anything. I haven't felt this bleary-eyed in years.

Mia: And no scrolling in bed. Promise me.

Jordan: Fine, I promise. If I doze off mid-sentence tonight, send help.

Speaking: the question wheel

Roll a die (or pick a number 1–9). Whoever rolls answers the matching question using AT LEAST one present perfect SIMPLE and one CONTINUOUS. Partner asks ONE follow-up before the next roll. Keep going for 8 minutes.

1. **n: 1 · prompt:** What's something you've been doing too much of lately?

2. **n: 2 · prompt:** What's the longest you've ever gone without proper sleep?

3. **n: 3 · prompt:** What habit have you finally broken — and how?

4. **n: 4 · prompt:** How long have you been living where you live now?

5. **n: 5 · prompt:** What have you been watching/reading/listening to obsessively?

6. **n: 6 · prompt:** What's the best piece of advice you've ever received about rest?

7. **n: 7 · prompt:** Have you ever overslept and missed something important? Spill.

8. **n: 8 · prompt:** What have you been putting off for far too long?

9. **n: 9 · prompt:** Wildcard: ask your partner any present perfect question you like.

challenge: ■ Extra point if you naturally use 'for' or 'since' three times in your answers.

Ask the teacher — notes to bring to class



Writing mini-task

Write 60–80 words about your sleep over the last two weeks. Use at least TWO present perfect continuous and ONE present perfect simple sentence. Include two vocabulary items from today.

Exit ticket

Before you leave, fill in your own exit ticket. Be honest — this is for you, not me.

1. **emoji:** ■ · **label:** Sleep score · **prompt:** Rate your sleep this past week from 1 (awful) to 5 (excellent).

2. **emoji:** ■ · **label:** One sentence · **prompt:** Write ONE true sentence about yourself using present perfect continuous + 'for/since'.

3. **emoji:** ■ · **label:** Tonight's promise · **prompt:** Name ONE specific change you'll make to your sleep hygiene tonight. (Not 'sleep more'.)

Ask the teacher — notes to bring to class



Workbook — home practice



Ask the teacher — notes to bring to class

Sleep tight - Workbook

Extra practice for home study · with answer keys

1. Vocabulary - sleep verbs and phrases

Choose the option that best fits each sentence.

1. I usually ____ on Sunday mornings - it's my favourite ritual.
(A) doze off
(B) have a lie-in
(C) oversleep
2. She kept ____ during the long film - she was that tired.
(A) dozing
(B) thrashing
(C) recuperating
3. He couldn't stop ____ all night because of the heat.
(A) catnapping
(B) thrashing
(C) having a lie-in
4. After the red-eye from Singapore she was completely ____.
(A) overwrought
(B) rejuvenated
(C) jet-lagged
5. Three espressos after dinner? No wonder you're ____.
(A) drowsy
(B) overwrought
(C) depleted

2. Vocabulary - wellbeing collocations

Complete each sentence with ONE word from the box.

BOX: hygiene · rejuvenated · depleted · catnap · recuperate · drowsy

1. A 20-minute power ____ in the afternoon does wonders.
2. After two weeks off, I finally feel completely ____.
3. My sleep ____ is terrible - phone in bed, late dinners, no routine.
4. She's been working 70-hour weeks; she's totally ____.
5. These antihistamines make me really ____.
6. I need a long weekend to properly ____.

3. Vocabulary - discursive writing

To what extent is modern society's 'hustle culture' responsible for the decline in global sleep hygiene?

Checklist:

- ☐ Use at least 4 sleep-related vocabulary items
- ☐ Maintain a formal, discursive register
- ☐ Use cohesive devices to link your arguments

[] Check for varied C1-level grammatical structures

[illegible]

4. Grammar - simple or continuous?

Put each verb into the present perfect SIMPLE or CONTINUOUS.

1. I (study) ____ all evening and I'm exhausted.
2. She (read) ____ three novels this month.
3. We (live) ____ in Berlin since 2019.
4. You look stressed. ____ you (work) too much again?
5. He (know) ____ the answer for ages - he just won't say it.
6. How many cups of tea (you / drink) ____ today?
7. It (snow) ____ since 6am - look at the garden.
8. I (lose) ____ my phone - again.

5. Grammar - same form, different meaning

Both sentences are correct. Write a *SHORT* explanation of what each one suggests.

1. a) I've cleaned the bathroom. / b) I've been cleaning the bathroom.
2. a) She's written her dissertation. / b) She's been writing her dissertation.
3. a) I've waited two hours. / b) I've been waiting two hours.
4. a) He's smoked all his life. / b) He's been smoking all his life.

6. Grammar - find and fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. I've been knowing him since 2015.
2. She has wrote three emails this morning.

3. How long are you waiting for the bus?
4. I've been finishing the report.
5. We've lived here since ten years.

7. Reading - true / false / not given

Read the short text, then mark each statement T (true), F (false) or NG (not given).

Akiko has been keeping a sleep diary for six months. At first she barely managed five hours a night - work emails, a noisy flatmate, a phone that never left her hand. Slowly, things have changed. She's moved her phone to the kitchen, bought blackout curtains and started a strict 11pm bedtime, even on Fridays. "I've never felt sharper at work," she says. "And I haven't caught a single cold in three months." She still struggles with weekends away from home, but she's stopped panicking about the odd bad night.

1. Akiko has been keeping her sleep diary for over a year. [T / F / NG]
2. Her noisy flatmate was one of her early sleep problems. [T / F / NG]
3. She now keeps her phone outside the bedroom. [T / F / NG]
4. She has started doing yoga in the evenings. [T / F / NG]
5. She still sleeps badly when she's travelling. [T / F / NG]
6. She has had several colds this winter. [T / F / NG]

8. Writing - guided task

Write 60-80 words about your typical week of sleep. Include: (a) TWO present perfect continuous sentences, (b) ONE present perfect simple, (c) TWO sleep-vocabulary items.

Checklist:

- ☐ 60-80 words
- ☐ TWO present perfect continuous sentences
- ☐ ONE present perfect simple sentence
- ☐ TWO sleep-vocabulary items
- ☐ Clear personal voice

9. Audio: Listening - gist & detail

Play the dialogue once for gist, then again for detail. (Dr. Patel meets Sara about insomnia.)

Audio: Dr. Patel & Sara · GP appointment about insomnia

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

10. Audio: Listening - gap-fill (dictation)

Listen again and write the missing word in each line.

Audio: Dr. Patel & Sara - key lines

Transcript with gaps:

A: Good morning, Sara. How have you been sleeping lately?

B: Not so great, Dr. Patel, to be honest. I've been having trouble falling asleep for about a month now.

A: Oh, I see. Can you tell me more about that?

B: I just lie there with my mind racing. And then, once I do finally drift off, I've been getting up before my alarm - around five.

A: That sounds frustrating. Has anything changed recently in your life?

B: Well, I started a new job six weeks ago. It's a lot of responsibility.

A: That's a significant change. And how are you feeling physically?

B: Exhausted, mostly. I haven't felt properly rested in weeks.

1. How have you been ____ lately?
2. I've been having trouble ____ asleep for about a month now.
3. I just lie there with my mind ____.
4. I've been getting up before my alarm - around ____.
5. I started a new job six ____ ago.
6. I haven't felt properly ____ in weeks.

11. ■ Challenge - sentence transformation

Rewrite the second sentence so it means the same as the first, using 2-5 words including the KEYWORD.

1. 1. I started learning Spanish two years ago and I still study it. → I _____ for two years. (KEYWORD: BEEN)
2. 2. This is my third coffee today. → I _____ today. (KEYWORD: HAD)

3. 3. He started writing his thesis in January and is still writing it. → He _____ since January. (KEYWORD: BEEN)
4. 4. The last time I slept well was Monday. → I _____ since Monday. (KEYWORD: SLEPT)
5. 5. She moved here ten years ago and still lives here. → She _____ for ten years. (KEYWORD: LIVED)

12. ■ Challenge - word formation

Complete each sentence with the *CORRECT* form of the word in *CAPITALS*.

1. Her ____ has improved dramatically since she stopped using her phone in bed. (SLEEP)
2. He suffers from chronic _____. (INSOMNIAC)
3. After the holiday I felt completely _____. (REST)
4. Eight hours of sleep is surprisingly ____ for adults. (BENEFIT)
5. He's a self-confessed _____. (WORK)
6. The medication caused mild _____. (DROWSY)

13. ■ Challenge - odd one out

Three of the four share a meaning. Pick the *ODD ONE OUT*.

1. 1. Words meaning 'sleepy':
 - (A) bleary-eyed
 - (B) groggy
 - (C) overstimulated
 - (D) knackered
2. 2. Ways to fall asleep:
 - (A) doze off
 - (B) drift off
 - (C) doze off
 - (D) doze in
3. 3. Restful states:
 - (A) well-rested
 - (B) replenishd
 - (C) depleted
 - (D) refreshed
4. 4. Sleep problems:
 - (A) insomnia
 - (B) lie-in
 - (C) jet lag
 - (D) snoring

14. ■ Challenge - extended writing

Write a 120-150 word post titled "What I've learned about sleep this year". Use *AT LEAST*: 3 present perfect continuous sentences, 2 present perfect simple, 4 vocabulary items.

Checklist:

[] 120-150 words

- ☐ At least 3 present perfect continuous sentences
- ☐ At least 2 present perfect simple sentences
- ☐ At least 4 vocabulary items from Lesson 2A
- ☐ Clear personal voice and reflection

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there are several short, dark horizontal marks, possibly from a scanner or binding process. The overall appearance is that of a clean, unused piece of stationery.

15. Self-check

Tick the things you can now do confidently.

- ☐ I can use present perfect simple for finished results.
- ☐ I can use present perfect continuous for ongoing activities and visible results.
- ☐ I can use 'for' and 'since' correctly.
- ☐ I can describe sleep problems with at least 5 new words.
- ☐ I can describe wellbeing states (well-rested, overstimulated, depleted...).
- ☐ I can hear and produce /b/, /d/, /t/ and /k/ clearly.

Sleep tight — Workbook

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A: Oh, I see. Can you tell me more about that?

B: I just lie there with my mind racing. And then, once I do finally drift off, I've been getting up before my alarm — around five.

A: That sounds frustrating. Has anything changed recently in your life?

B: Well, I started a new job six weeks ago. It's a lot of responsibility.

A: That's a significant change. And how are you feeling physically?

B: Exhausted, mostly. I haven't felt properly rested in weeks.

1. How have you been ____ lately?
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 - (C) depleted
 - (D) refreshed
4. 4. Sleep problems:
 - (A) insomnia
 - (B) lie-in
 - (C) jet lag
 - (D) snoring

14. ■ Challenge — extended writing

Write a 120–150 word post titled "What I've learned about sleep this year". Use *AT LEAST*: 3 present perfect continuous sentences, 2 present perfect simple, 4 vocabulary items.

Checklist:

- 120–150 words

- At least 3 present perfect continuous sentences
- At least 2 present perfect simple sentences
- At least 4 vocabulary items from Lesson 2A
- Clear personal voice and reflection

[illegible]

15. Self-check

Tick the things you can now do confidently.

- I can use present perfect simple for finished results.
- I can use present perfect continuous for ongoing activities and visible results.
- I can use 'for' and 'since' correctly.
- I can describe sleep problems with at least 5 new words.
- I can describe wellbeing states (well-rested, overstimulated, depleted...).
- I can hear and produce /t/, /d/, /t/ and /k/ clearly.



Answer key — Class Book

Reading: The 8-hour myth

1. (B) an average that doesn't suit everyone.
2. (B) consistency of bedtime
3. (A) screens, late caffeine, and night-time worrying
4. (A) reverse our attitude toward sleep

Vocabulary: sleep & wellbeing

1. have a lie-in
2. dozing
3. thrashing
4. overwrought
5. depleted
6. catnap
7. jet-lagged
8. sleep hygiene
1. The baby finally slumbered after hours of crying.
2. I overslept and missed my train.
3. He's suffered from insomnia for years.
4. After the holiday I felt completely rejuvenated.
5. She took the weekend to recuperate.

Grammar focus: present perfect simple vs continuous

1. have been reading
2. has written
3. Have you been working
4. have known
5. hasn't been sleeping
6. have lived / have been living
1. a) It's finished — come and see. / b) That's why I'm covered in paint (maybe not done yet).
2. a) She finished it. / b) She's still on chapter ten.
3. Both are natural; (b) puts more emphasis on the frustrating duration.
1. have been drinking
2. have you had
3. has been raining
4. Have you ever tried
5. have you had

Listening: a week of bad sleep

1. About two weeks.
2. Around four in the morning.
3. Stress / overwork.
1. He's stopped drinking coffee after lunch.
2. Two — and another one starts Monday.
3. No screens after ten, a cold room, the same bedtime every night.
4. No scrolling in bed.

Ask the teacher — notes to bring to class



Answer key — Workbook

Ask the teacher — notes to bring to class

Sleep tight - Workbook — Answer Key

1. Vocabulary - sleep verbs and phrases

1. **(B)** *have a lie-in*
2. **(A)** *dozing*
3. **(B)** *thrashing*
4. **(C)** *jet-lagged*
5. **(B)** *overwrought*

2. Vocabulary - wellbeing collocations

1. **catnap**
2. **rejuvenated**
3. **hygiene**
4. **depleted**
5. **drowsy**
6. **recuperate**

3. Vocabulary - discursive writing

Sample answer

In today's hyper-connected world, many individuals find themselves constantly overwrought, struggling to maintain basic sleep hygiene. The pressure to remain productive 24/7 often leaves us feeling physically and mentally depleted. Instead of prioritising a full night's rest, many rely on a quick afternoon catnap to get through the day, yet they remain perpetually drowsy. This cycle is unsustainable. We must recognise that the body needs time to properly recuperate and repair itself. A rejuvenated mind is far more efficient than one running on fumes. Unless we set firm boundaries between work and rest, the long-term consequences for public health will be severe. A collective shift in perspective is required to value rest as a necessity rather than a luxury.

4. Grammar - simple or continuous?

1. *have been studying*
2. *has read*
3. *have lived / have been living*
4. *Have you been working*
5. *has known*
6. *have you drunk*
7. *has been snowing*
8. *have lost*

5. Grammar - same form, different meaning

1. a) *finished, come and see it.* / b) *That's why I look messy - possibly not done.*
2. a) *It's done and submitted.* / b) *It's still in progress (focus on activity).*
3. *Both natural; (b) stresses the frustrating duration more strongly.*
4. *Both fine. (a) treats it as a fact; (b) emphasises the ongoing habit.*

6. Grammar - find and fix the mistake

1. *I've known him since 2015.*
2. *She has written three emails this morning.*
3. *How long have you been waiting for the bus?*
4. *I've finished the report.*
5. *We've lived here for ten years.*

7. Reading - true / false / not given

1. **F**
2. **T**
3. **T**
4. **NG**
5. **T**
6. **F**

8. Writing - guided task

Sample answer

I've been sleeping badly for about a month. Honestly, I've been waking up at five every morning, completely overstimulated, and I can't drift off again. I've already tried herbal tea, no caffeine after lunch and a colder bedroom - nothing has really worked. I think it's mostly stress: I've finished two big projects in three weeks. This Sunday, I'm having a proper lie-in and putting my phone in another room.

9. Audio: Listening - gist & detail

1. *About a month.*
2. *Up to two hours.*
3. *Around 5am.*
4. *She started a new (intense) job.*
5. *Not really - not consistently.*
6. *20 minutes of slow breathing before bed, no phone, then a review.*

10. Audio: Listening - gap-fill (dictation)

1. *sleeping*
2. *falling*
3. *racing*
4. *five*
5. *weeks*
6. *rested*

11. ■ Challenge - sentence transformation

1. *have been learning Spanish*
2. *have had three coffees*
3. *has been writing his thesis*
4. *haven't slept well*
5. *has lived here*

12. ■ Challenge - word formation

1. *sleep*
2. *insomnia*
3. *rested*
4. *beneficial*
5. *workaholic*
6. *drowsiness*

13. ■ Challenge - odd one out

1. **(C)** *overstimulated*
2. **(D)** *doze in*
3. **(C)** *depleted*
4. **(B)** *lie-in*

14. ■ Challenge - extended writing

Sample answer

I've been thinking a lot about sleep this year. For most of my twenties I was a proud night owl - I dozed off at 2am, overslept on Saturdays and called it balance. Honestly, I was burnt out. Since January, I've been trying a strict 11pm bedtime, even on weekends. The change has surprised me. I've read three books on sleep hygiene, I've bought blackout curtains and I've stopped scrolling in bed. I've been waking up around six, completely well-rested. I still have the occasional bad night - usually after coffee with a friend at 9pm - but I don't panic. The biggest lesson? Consistency beats heroics. The more boring my evenings have become, the better my mornings feel.

15. Self-check

Self-assessment — no fixed answers.

Sleep tight — Workbook — Answer Key

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