



How to Improve Your Sleeping Habits

Speaking lesson

STEP 1: Assessment

- Do you think there is anything you could do to improve your sleeping habits?

STEP 2: Theory

1. Do you think you get enough sleep?
2. On average, how many hours do you sleep every night?
3. How often do you get sleepy in class or have trouble concentrating?
4. How often do you take a nap? When and for how long do you take them?
5. In which classes do you have the hardest time staying awake?
6. What time do you usually wake up and go to bed during the week? On weekends
7. In the winter, do you put the temperature down before you go to sleep?
8. How many drinks containing caffeine do you take every day?
9. Do you have a routine before you sleep? If so, what do you do?
10. Do you often have nightmares?



STEP 3: Controlled and Communicative Exercises

Not getting enough sleep can cause a lot of problems for teens such as concentration difficulties, moodiness, laziness, depression and poor school results among others.¹

1. Read the following tips to have a better sleep and avoid nightmares. After each tip discuss if you do it or not.
 - Get 9.5 hours of sleep every night.
 - Go to bed and wake up at approximately the same time every day including weekends.
 - Sleep with the temperature at 18 degrees Celsius.
 - Avoid drinking caffeinated drinks such as coffee, tea and soft drinks during the evening.
 - Turn off all your electronics (phone, TV, computer) at least one hour before going to bed and keep them out of your room.
 - Don't take naps that are longer than 30 minutes.
 - Exercise regularly but don't do it late in the evening.
 - Follow a relaxing bedtime routine that is calming, such as taking a warm bath or reading.
 - Don't exercise just before going to bed. Do exercise earlier in the day - it helps a person sleep better.²

STEP 4: Production Task

1. What could you do to improve your sleeping routine?
2. Without looking at the text, explain to your tutor what they could do to have a better sleep.

1 Teenagers and sleep. (November 2018) Better Health Channel. <https://www.betterhealth.vic.gov.au>

2 Mawer, Rudy. Healthline. 17 Proven Tips to Sleep Better at Night (December 14,28,2021) <https://www.healthline.com>

STEP 5: Final Review

What new vocabulary did you learn?

Tutor Note

- Ask, “how do you say ...” questions with the new vocabulary the tutee doesn’t mention.

Important

- Write down the words you learned today and study them.