

Lesson 75: Sleeping

By Xandra

1. Dialogue

First, repeat after your tutor. Then, practice each role.

Bryan: You look like you're in a good mood today.

Atsushi: I guess I am. I had a restful sleep. I slept through the entire night. I hadn't done that in months.

Bryan: So, the insomnia is gone?

Atsushi: I hope so. The doctor gave me something to help me sleep. I have to be able to sleep on my own, though.

Bryan: I agree. Don't be dependent on the sleeping pills. It could make things worse for you.

Atsushi: Have you ever suffered from insomnia before?

Bryan: I have. I **didn't sleep a wink** for three days so I went to see the doctor.

Atsushi: How did you treat it?

Bryan: At first, I had to take pills. I resorted to exercise later on. I also stopped drinking coffee or anything with caffeine in it. Now, I sleep like a log every night.

Atsushi: That's a good idea. I think I'll do just that.

2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. I looked after my ailing grandmother in the hospital. I **haven't slept a wink** since last night.
2. The dog was restless last night. I think it **had not slept a wink**.
3. Jack studied for his exams. He **did not sleep a wink** last night.

* not sleep a wink / 一睡もしない

3. Your Task

Your boss loves to go to bars. He is inviting you for a night out. You don't really like staying up late because it affects your performance at work, and lack of sleep also makes you irritable. Decline your boss' (=your tutor) invitation and tell him the reason why.

4. Let's Talk

How many hours do you sleep every day? Do you take a nap in the daytime? Why or why not? When you dream in your sleep, do you try to interpret what it means? In the Japanese custom, what is considered as a lucky dream?

5. Today's photo

Describe the photo in your words as precisely as possible.



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