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## B1 Dialog #96 Talking about sleep

Hi everyone,

Today we are going to talk about sleep in English. As always you can read the text in the PDF which you can find in the description. Follow our podcasts on iTunes and Yandex Music. For more new dialogs subscribe to our channel.

Here we go!

(1) **What comes to mind when you hear the word 'sleep'? - Что приходит вам на ум, когда вы слышите слово "сон"?**

Only good things come to mind. Sleep is one of the most important parts of our life. It's the time when we have rest, get stronger and more healthy.

(2) **What does sleep mean to you? - Что для вас означает сон?**

Sleep is an essential function that allows my body and mind to recharge. Without enough sleep, my brain can not work properly.

(3) **Do you always get enough sleep? - Всегда ли вы высыпаетесь?**

Of course I don't. Sometimes I have to wake up too early. If I am worried about something I also can't sleep well.

(4) **Do you ever think sleep is a waste of time? - Вы когда-нибудь думали, что сон - это пустая трата времени?**

No I don't. Healthy sleep improves learning, memory, creativity, and mood. It has nothing to do with a waste of time.

(5) **Why does your body need sleep? - Почему вашему организму нужен сон?**

Sleep keeps us healthy and functioning well. It lets your body and brain repair, restore, and reenergize.



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(6) **Have you ever had any sleeping problems? - Были ли у вас когда-нибудь проблемы со сном?**

Yes I have. I think everybody has sleeping problems from time to time.

(7) **Can you sleep anywhere? - Вы можете спать где угодно?**

It depends on how tired I am. Normally I can't sleep anywhere.

(8) **Are you a heavy or light sleeper? - У вас чуткий сон?**

I am a heavy sleeper. But it also depends on different factors.

(9) **What are you like if you don't get enough sleep? - Какой вы, если не высыпаетесь?**

I feel nervous, depressed and look exhausted.

(10) **Do you move about a lot in your sleep? - Вы часто двигаетесь во сне?**

I used to move a lot while sleeping when I was a child. Now I don't.

**Anya → Rinat**

(1) **How have your sleeping patterns changed over the years? - Как изменился ваш режим сна за эти годы?**

Not much. My sleeping patterns changed a lot after I graduated and got a full time job. Since then I try to get enough sleep, but sometimes it's so difficult.

(2) **Is it possible to sleep so much it's unhealthy? - Можно ли спать так много, что это вредно для здоровья?**

I don't think so. If your body doesn't need sleep, you just can't sleep longer.

(3) **What do you do in the minutes before you sleep? - Что вы делаете в минуты перед сном?**

I try to relax and not to think about problems. I have a shower, drink a cup of tea and try to fall asleep. Sometimes I read a book.

(4) **What do you do when you can't sleep? - Что вы делаете, когда не можете заснуть?**



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I try to take my mind off any racing thoughts. If it doesn't work, I get up and do something for a short time. It usually helps.

(5) **Do you ever talk in your sleep or sleepwalk? - Вы когда-нибудь разговаривали во сне или ходили во сне?**

No, I can't remember anything like that. Sometimes I can scream because of a nightmare. But it's a different thing.

(6) **Where is the strangest place you have ever slept? - Где находится самое странное место, где вы когда-либо спали?**

When I was a student I used to sleep a lot on the train on my way to the city. But I don't think it's a strange place. Many people sleep on trains.

(7) **Does your mind ever work overtime when you're trying to sleep? - Работает ли ваш разум сверхурочно, когда вы пытаетесь заснуть?**

Sometimes. I always try to relax my mind and forget about work, problems and other things like that. But it's not easy.

(8) **Would you like to sleep like a baby? - Хотели бы вы спать как младенец?**

Yes I would. It'd be the most strength gaining sleep.

(9) **Have you ever fallen asleep in an English lesson? - Засыпали ли вы когда-нибудь на уроке английского языка?**

Maybe at school. I can't remember anything in particular.

(10) **What songs or music would you like to fall asleep to? - Под какие песни или музыку вы хотели бы заснуть?**

Nothing. The best music for falling asleep is total quiet.