

4 EARLY BIRDS AND NIGHT OWLS

LESSON A • It's about time!

1 Grammar

1. After classes are over for the day, I often go out with my friends. / I often go out with my friends after classes are over for the day.
2. Ever since I lost my watch, I've been late for all my appointments. / I've been late for all my appointments ever since I lost my watch.
3. As soon as you start to feel stressed, you should relax and count to 10. / You should relax and count to 10 as soon as you start to feel stressed.
4. Right before going for a run, I stretch for at least 15 minutes. / Right before I go for a run, I stretch for at least 15 minutes. / I stretch for at least 15 minutes right before going for a run. / I stretch for at least 15 minutes right before I go for a run.
5. She shouldn't listen to music while studying for a big test. / She shouldn't listen to music while she's studying for a big test. / While studying for a big test, she shouldn't listen to music. / While she's studying for a big test, she shouldn't listen to music.
6. I watch TV until I fall asleep.
7. From the moment I get to the office, I start planning what I need to do that day. / I start planning what I need to do that day from the moment I get to the office.

2 Grammar

Answers will vary.

3 Vocabulary

1. calm down
2. perk up
3. burn out
4. turn in
5. chill out
6. doze off

4 Grammar

Answers will vary.

5 Writing

- A**
1. a. Too general b. Just right c. Too specific
 2. a. Just right b. Too specific c. Too general
 3. a. Too general b. Too specific c. Just right

B Answer will vary.

LESSON B • Tossing and turning

1 Vocabulary

1. If Elisa is worried when she goes to bed, she tosses and turns. / If Elisa is worried when she goes to bed, she has a sleepless night.
2. My father always drifts off after eating a heavy meal. / My father always nodds off after eating a heavy meal.
3. Simon often takes a power nap to boost his creativity at work.
4. She must be fast asleep. / She must be sound asleep.
5. Liz is lucky she sleeps like a log because her roommate snores so loudly!
6. Marina isn't tired at all. In fact, she is wide awake.
7. Kenji often feels drowsy when he reads on the train or in a car.

2 Grammar

1. Unless
2. Even if
3. As long as
4. Considering that
5. just in case

3 Grammar

1. I always feel great in the morning as long as I've slept well the night before.
2. Sometimes I have trouble drifting off, even if I'm completely exhausted.
3. Considering that my neighbors listen to loud music every night, I sleep deeply.
4. I never oversleep in the morning unless I forget to set my alarm clock.
5. I keep a glass of water by my bed just in case I get thirsty in the middle of the night.
6. I only have trouble falling asleep if I drink too much caffeine during the day.

4 Grammar

Answers will vary.

5 Reading

- A** the energy conservation theory, the restorative theory, and the brain plasticity theory
- B**
1. False; Humans need sleep more than they need food.
 2. True
 3. False; Scientists previously believed sleep was a period of total inactivity.
 4. False; Scientists are only beginning to understand what happens in the brain during sleep.
 5. True