

Lesson 75: Sleeping

By Xandra

1. Dialogue

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

George: Did you feel the earthquake last night?

Koichi: No, I didn't. I was so tired that I was **out like a light** the minute I hit the pillow.

George: How could you sleep like a log? I couldn't sleep at all after the quake.

Koichi: You do look tired. I suggest you sleep in. Just call in sick today.

George: I have to go to work. I'll just take a cat nap at lunch break.

Koichi: Isn't it too noisy to sleep in your work place?

George: It is, but I have a solution for that.

Koichi: You do? What is it?

George: (taking out his earphones and smart phone) I just put these on and play some music.

2. Today's Phrase

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

1. As soon as my head hit the pillow, I was **out like a light**.

2. Jack can sleep anytime, anywhere. Just let him lean on something soft and he'll be **out like a light**.

3. The doctor gave my mother some sleeping pills. Minutes after taking them, she was **out like a light**.

* out like a light / すぐに寝入って

3. Your Task

You are suffering from insomnia. You've gone to a doctor to seek help for your condition. Your doctor is asking you about your daily activities, your diet and your sleeping habits. Tell the doctor (=your tutor) all about this so he can give you some advice.

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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