11B Are you a morning person?

1 VOCABULARY phrasal verbs

a Complete what the people are saying in each picture.

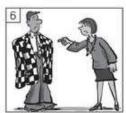












- 1 Turn down the radio! It's very loud!
- 2 Don't worry! The game will be _____ soon
- 3 We need someone who can look _____ our dog while we're on vacation.
- 4 Take ______ your shoes before you come in!
- 5 Can you fill _____ this form, please?
- 6 Put _____a different jacket! That one looks awful!
- b Complete the sentences with these verbs.

find out		get along with take back	give up throw away	go out	look forward to	
-	0.3237	W 80000	200 10			
			A CONTRACT MANAGEMENT OF		mes of the trains.	
2	Inever	\$	empty jan	n jars. I w	vash them and ther	
	reuse t	hem.				
3	It's ver	y cold in here. C	an you		the heat?	
4	The te	acher told us to_	53	the	words we didn't	
	unders	stand.				
5	We lov	e traveling, so w	e always		our vacation	
6	I don't really like my sister's husband. I don't					
	him at	all.				
7	They o	only	on Fri	day or Sa	turday nights	
	because they start work early during the week.					
8		st to	19.	140		
9	We're	going to	01	ir new co	offee machine	
	Calif	se it doesn't work				
0				andy and	d chocolate for a	
		to try to lose we				

2 GRAMMAR word order of phrasal verbs

- a Circle the correct phrases. If both are possible, check (✓) the sentence.
 - 1 Please turn off the lights / turn the lights off before you go to bed. ✓
 - 2 Thanks for the money. I'll pay you back / pay back you tomorrow.
 - 3 I can't find my keys. Can you help me look for them / look them for?
 - 4 Why don't you try on that dress / try that dress on? I think it'll suit you.
 - 5 My mom usually looks after my kids / looks my kids after when we go out.
 - 6 If you've finished playing, please put the toys away / put away the toys.
- b Rewrite the sentences with a pronoun. Change the word order if necessary.

1	Can you write down your email address:	
	Can you write it down	

- 2 She'll give back the exams on Friday.
- Are you looking forward to your party?

 I called back my mother when I got home.
- 5 We don't get along with our new neighbors.
- 6 Do you want to turn on the TV?

3 PRONUNCIATION linking

iChecker Listen and repeat the sentences. Try to link the words.

- 1 Throw it away!
- 2 Turn it up!
- 3 Write it down!
- 4 Put it away!
- 5 Give it back!
- 6 Fill it out!

4 READING

a Read the article. Fill in the blanks with these phrasal verbs.

find out	get up	give up	go out	
put on	take off	turn on	write down	

- b Read the article again. Check (✓) the people with good habits and put an (✗) next to the bad ones.
 - 1 I go to bed every night at 11 o'clock.
 - 2 I sleep for six hours during the week and ten hours on the weekend.
 - 3 I always have lunch at my desk to save time.
 - 4 Talways wear sunglasses.
 - 5 My bedroom is sometimes too cold.
 - 6 I sometimes watch a movie to help me to go to sleep.
 - 7 I usually have dinner at 7:30 p.m.
 - 8 I often have a cup of coffee before I go to bed.
 - 9 I keep a notebook by the side of my bed.
 - 10 I sometimes meditate if I can't sleep.
- c Look at the highlighted words or phrases and guess their meaning. Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

- a iChecker Listen to an interview with Jerry, a taxi driver who usually works at night. Is he positive or negative about his job?
- b iChecker Listen again. Mark the sentences T (true) or F (false).

1	Jerry goes to sleep immediately after getting	. Taret
	home from work.	F
2	The first meal he has when he gets up is lunch.	-
3	His children wake him up in the afternoon.	_
4	He never feels tired when he wakes up.	
5	He eats three times a day.	_
6	He doesn't mind his working hours.	

USEFUL WORDS AND PHRASES

Learn these words and phrases.

buzz /baz/
energetic /ɛnərˈdʒɛtɪk/
live (adjective) /larv/
sleepy /ˈslipi/
wild (night) /waɪld/
bowl (of cereal) /ˈbool/
any time /ˈeni taɪm/
social life /ˈsooʃl laɪf/
set (your alarm clock) /sɛt/
stay in bed /ˈsteɪ ɪn bɛd/



Sleep at the same times

¹ Find out how much sleep you need and make sure that you get it. Go to bed and ² _____ at the same time each day and you will have more energy than if you sleep the same number of hours at different times.

Make sure you are exposed to light during the day

Your body needs natural light to produce the hormone melatonin, which regulates your sleeping and waking cycle. Don't stay inside all day $-^3$ ______ during your lunch break , for example, for a short walk. On a sunny day, 4 ______ your sunglasses for at least half an hour to let light onto your face.

Create a relaxing routine before going to bed

Take a hot bath. Then 5 ______ your pajamas and make sure your bedroom is at the right temperature. Don't watch TV in bed because it will stimulate rather than relax you.

Avoid stimulants

Don't eat big meals or drink coffee late at night.

Avoid drinking alcohol before you go to bed and

smoking! Cigarettes can cause a number of sleep problems.

Getting back to sleep

If you wake up in the middle of the night and can't get back to sleep, try a relaxation technique like meditation. If that doesn't work, 7 ________ the light and read a book. If you're worried about something, 8 _______ your problem on a piece of paper so that you can deal with it in the morning.

If the tips above don't help, you might need to see a sleep doctor.