

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 give up go out look forward to
look up take back throw away try on turn up

- 1 Chris called the station to find out the times of the trains.
- 2 I never _____ empty jam jars. I wash them and then reuse them.
- 3 It's very cold in here. Can you _____ the heat?
- 4 The teacher told us to _____ the words we didn't understand.
- 5 We love traveling, so we always _____ our vacations.
- 6 I don't really like my sister's husband. I don't _____ him at all.
- 7 They only _____ on Friday or Saturday nights because they start work early during the week.
- 8 It's best to _____ clothes before you buy them.
- 9 We're going to _____ our new coffee machine because it doesn't work properly.
- 10 Anna's going to _____ candy and chocolate for a month to try to lose weight.

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.

- 3 Are you looking forward to **your party**?
_____?
- 4 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 (X) next to the bad ones.
- I go to bed every night at 11 o'clock.
 - I sleep for six hours during the week and ten hours on the weekend.
 - I always have lunch at my desk to save time.
 - I always wear sunglasses.
 - My bedroom is sometimes too cold.
 - I sometimes watch a movie to help me to go to sleep.
 - I usually have dinner at 7:30 p.m.
 - I often have a cup of coffee before I go to bed.
 - I keep a notebook by the side of my bed.
 - 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).
- Jerry goes to sleep immediately after getting home from work. F
 - The first meal he has when he gets up is lunch. —
 - His children wake him up in the afternoon. —
 - He never feels tired when he wakes up. —
 - He eats three times a day. —
 - He doesn't mind his working hours. —

USEFUL WORDS AND PHRASES

Learn these words and phrases.

buzz /bʌz/
 energetic /enər'dʒetɪk/
 live (adjective) /laɪv/
 sleepy /'slipi/
 wild (night) /waɪld/
 bowl (of cereal) /'boʊl/
 any time /'eni taɪm/
 social life /'soʊʃl laɪf/
 set (your alarm clock) /set/
 stay in bed /'steɪ ɪn bed/

Still tired in the morning?

Five tips for getting a better night's sleep

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 ⁶ _____ 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.