Early to Bed, Early to Rise

*Scan this list and identify which items are about waking up, and which ones are about falling asleep. (Write W or F beside the items to indicate your choice)*

1. Get an alarm clock and put it as far away from the bed as you can. If you don't have to get out of bed to turn it off, then it's no good having one. And remember that two is better than one but set the second clock ten minutes later than the first one, and put it in the same place as the first one!
2. Don't spend longer than thirty minutes trying to fall asleep. If you can’t get to sleep after half an hour, get up and do something quiet, like reading. Only go back to bed when you feel tired.
3. Drink a glass of warm milk fifteen minutes before you go to bed — it helps you to relax — or have a light snack. But avoid coffee, tea or alcohol: they contain chemicals which will make it difficult for you to sleep.
4. Make sure all the clocks in the house are ten minutes fast before you go to bed (and try to forget you did this when you wake up the next morning).
5. Get a friend to phone you early in the morning. And hope that your friend is better at waking up than you are ... and is able to have an interesting conversation at 7 a.m. to help you wake up.
6. Go to bed earlier. It may be difficult at first, but they say that an hour of sleep before midnight is as good as two hours after midnight.
7. Have a warm bath — it's a great way to relax. But you shouldn't stay in there too long. More than twenty minutes and you will lose all your energy. And the bath isn't the best place to fall asleep!
8. Listen to some music — or even specially MP3s of relaxing sounds like waves. However, if you have to get up and turn the cassette player off when the music finishes, it's not going to work!
9. Pretend your alarm has gone off. Imagine you have to get up, have a(cold!) shower, make breakfast, etc. The more you imagine it, the more you want to go to sleep!
10. Nice, calming music will make you want to stay in bed even longer but the horrible sound of static (the electronic noise you get between stations) is enough to get anyone out of bed to turn it off!

Word match

*Match the words in bold on the left with their correct meaning on the right.*

1. **Get** an alarm clock
2. have a **light** snack
3. ten minutes **past**
4. **Get** a friend to phone you
5. **they** say that an hour of sleep
6. it's a **great** way to relax
7. But **avoid** coffee, tea or alcohol
8. Buy / Set / Switch on
9. cheap / late-night / small
10. after the time / at the time / before time
11. Ask / Find / Look for
12. people in general / your friends / your parents
13. big / expensive / wonderful
14. drink / do not have / try