***used to, be used to, get used to*: Activity 1**

Read Grammar Bank 6A. Then choose the correct answers. Listen and check.

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| **Grammar Bank**  **6A** *used to, be used to, get used to*  ***used to / didn't use to* + infinitive** EXAMPLES **1** I **used to sleep** for eight hours every night, but now I only sleep for six.     I hardly recognized Alan. He **didn’t use to have** a beard.  **2** When I lived in Mexico as a child, we **used to have** pan dulce for breakfast. We **would buy** them every morning from the local baker. FORM **1** We use *used to / didn’t use to* + infinitive to talk about past habits or repeated actions or situations / states which have changed.   * *used to* doesn’t exist in the present tense. For present habits, use *usually* + the simple present, e.g.,  *I usually walk to work*. **NOT** *I use to walk to work*.   **2** We can also use *would* (instead of *used to*) to refer to repeated actions in the past with action verbs (e.g., *run, listen, study, cook,* etc.). However, we can only use *used to*, not *would*, for non-action verbs (e.g., *be, need, know, like,* etc.). *Alan didn’t use to be so thin*. **NOT** *Alan wouldn’t be so thin*.   * With *would*, you must use a past time expression, or it must be already clear that you are talking about the past. * We can use the simple past, often with an adverb of frequency, in the same way as *used to* and *would* to talk about repeated past actions, e.g.,  *I often* ***got up / used to get up / would get up*** *early when I lived in Africa, to watch the sun rise*.   ***be used to / get used to* + gerund** EXAMPLES **1** I’m **used to sleeping** with the curtains open. I’ve never slept with them closed.     Carlos has just moved to Hong Kong. He **isn’t used to driving** on the left.  **2 A** I can’t **get used to working** at night. I feel tired all the time.     **B** Don’t worry, you’ll soon **get used to** it. FORM **1** Use *be used to* + gerund to talk about things you are accustomed to doing, or a new situation which is now familiar or less strange.  **2** Use *get used to* + gerund to talk about a new situation which is becoming familiar or less strange.  The difference between *be used to* and *get used to* is exactly the same as the difference between *be* and *get* + adjective, e.g., *It’s dark* and *It’s getting dark*. |

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| 1.  When we were children, we didn't used / use to like having our hair washed.  2.  When we visited our friends in China, we couldn't get used to eat / eating with chopsticks.  3.  Have you gotten used to living / live in the suburbs, or do you still miss the city?  4.  I'm really sleepy this morning. I'm not used to go / going to bed so late.  5.  There used to be / being a movie theater in our town, but it closed down three years ago.  6.  Paul would / used to have very long hair when he was younger.  7.  I don't start work until 9:30, so I use to / usually get up at about 8:00.  8.  Did you use to wearing / wear a uniform to school?  9.  It's taking me a long time to be / get used to living on my own.  10.  When I had tests in college, I would stay up / to stay up all night studying. |  |

***used to, be used to, get used to*: Activity 2**

Read Grammar Bank 6A. Complete the sentences with *used to, be used to,* or *get used to* (positive or negative) and the verbs. Listen and check.

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| **Grammar Bank**  **6A** *used to, be used to, get used to*  ***used to / didn't use to* + infinitive** EXAMPLES **1** I **used to sleep** for eight hours every night, but now I only sleep for six.     I hardly recognized Alan. He **didn’t use to have** a beard.  **2** When I lived in Mexico as a child, we **used to have** pan dulce for breakfast. We **would buy** them every morning from the local baker. FORM **1** We use *used to / didn’t use to* + infinitive to talk about past habits or repeated actions or situations / states which have changed.   * *used to* doesn’t exist in the present tense. For present habits, use *usually* + the simple present, e.g.,  *I usually walk to work*. **NOT** *I use to walk to work*.   **2** We can also use *would* (instead of *used to*) to refer to repeated actions in the past with action verbs (e.g., *run, listen, study, cook,* etc.). However, we can only use *used to*, not *would*, for non-action verbs (e.g., *be, need, know, like,* etc.). *Alan didn’t use to be so thin*. **NOT** *Alan wouldn’t be so thin*.   * With *would*, you must use a past time expression, or it must be already clear that you are talking about the past. * We can use the simple past, often with an adverb of frequency, in the same way as *used to* and *would* to talk about repeated past actions, e.g.,  *I often****got up / used to get up / would get up****early when I lived in Africa, to watch the sun rise*.   ***be used to / get used to* + gerund** EXAMPLES **1** I’m **used to sleeping** with the curtains open. I’ve never slept with them closed.     Carlos has just moved to Hong Kong. He **isn’t used to driving** on the left.  **2 A** I can’t **get used to working** at night. I feel tired all the time.     **B** Don’t worry, you’ll soon **get used to** it. FORM **1** Use *be used to* + gerund to talk about things you are accustomed to doing, or a new situation which is now familiar or less strange.  **2** Use *get used to* + gerund to talk about a new situation which is becoming familiar or less strange.  The difference between *be used to* and *get used to* is exactly the same as the difference between *be* and *get* + adjective, e.g., *It’s dark* and *It’s getting dark*. |

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| 1.  I didn't recognize you! You \_\_\_\_\_\_\_\_\_\_\_\_\_\_ long hair, didn't you? (have)  2.  Jasmine has been a nurse all her life, so she \_\_\_\_\_\_\_\_\_\_\_\_\_\_ nights. (work)  3.  Isabelle \_\_\_\_\_\_\_\_\_\_\_\_\_\_ an apartment when she was in college, but now she has a house of her own. (rent)  4.  When Luis started his first job, he couldn't \_\_\_\_\_\_\_\_\_\_\_\_\_\_ at 6:00 a.m. (get up)  5.  When we were children, we \_\_\_\_\_\_\_\_\_\_\_\_\_\_ all day playing soccer in the park. (spend)  6.  I've never worn glasses before, but now I'll have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ them. (wear)  7.  Reiko is an only child. She \_\_\_\_\_\_\_\_\_\_\_\_\_\_ her things. (share)  8.  Although I've lived in Brazil for years, I've never \_\_\_\_\_\_\_\_\_\_\_\_\_\_ dinner at 9 or 10 o'clock at night. (have)  9.  I \_\_\_\_\_\_\_\_\_\_\_\_\_\_ spinach, but now I love it. (like)  10.  If you want to lose weight, then you'll have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ less. (eat) |  |

**Sleep: Activity 1**

Complete the sentences with the words in the box. Then listen and check.

|  |  |
| --- | --- |
| sleepy nap snore insomnia pillow  yawn sheets and blankets sleeps like a log comforter  sleeping pills |  |

1.  Most people start feeling \_\_\_\_\_\_\_\_\_\_ at around 11:00 p.m.

2.  When people are tired, they often open their mouth and \_\_\_\_\_\_\_\_\_\_ .

3.  When they get into bed, they put their head on the \_\_\_\_\_\_\_\_\_\_ .

4.  In bed, many people sleep under a thick \_\_\_\_\_\_\_\_\_\_ filled with feathers or synthetic material.

5.  Other people prefer to sleep under \_\_\_\_\_\_\_\_\_\_ .

6.  Some people can’t sleep because they suffer from \_\_\_\_\_\_\_\_\_\_ .

7.  People sometimes have to take \_\_\_\_\_\_\_\_\_\_ to help them go to sleep.

8.  Some people who are asleep make a loud noise when they breathe, i.e., they \_\_\_\_\_\_\_\_\_\_ .

9.  In hot countries, it’s common to take a short \_\_\_\_\_\_\_\_\_\_ in the afternoon.

10.  A person who sleeps well "\_\_\_\_\_\_\_\_\_\_ ".

**Sleep: Activity 2**

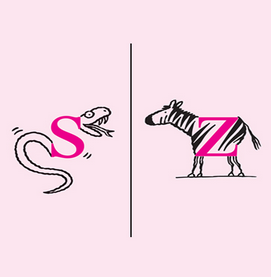
Complete the sentences with the correct options.

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| getting out of bed and even getting dressed or eating.  you might oversleep.  if they watch scary movies before bedtime.  it may keep you awake.  most people are fast asleep.  is a light sleeper.  they often set the alarm (clock).  4.7% of Americans fall asleep while driving. |

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| 1. Someone who doesn’t sleep very deeply |  |
| 2. Some children have nightmares |  |
| 3. If you drink coffee in the evening, |  |
| 4. In the middle of the night, |  |
| 5. As many as 15% of people sleepwalk during the night, |  |
| 6. When people need to get up early, |  |
| 7. If you don’t hear your alarm, |  |
| 8. According to one study, |  |

**/s/ and /z/**

Read the sentences. Match the meanings to the bold words.



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| --- | --- |
| 1.loose   lose |  |
| 2.bus   buzz |  |
| 3.niece   knees |  |
| 4.ice   eyes |  |
| 5.race   raise |  |
| 6.peace   peas |  |
| 7.price   prize |  |
| 8.place   plays |  |

**Midnight meals: Activity 1**

Read the article. Then listen to an interview with sleepwalker Robert Wood and his wife. Complete the article with a number or a word.

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| **The chef who cooks in the middle of the night** ROBERT WOOD often gets up in the middle of the night and goes downstairs to the kitchen. Not surprising, you may think. He’s probably hungry and looking for something to eat. But you’d be wrong. Robert starts cooking – and he does this while he is fast asleep. Mr. Wood, who is \_\_\_\_\_\_\_\_\_\_ years old and a retired \_\_\_\_\_\_\_\_\_\_ , has been a sleepwalker for more than 40 years. "The first time it happened I was \_\_\_\_\_\_\_\_\_\_ ," he said. "My parents heard me wandering downstairs in the middle of the night. Now I get up four or five times a week and these days I usually head for the kitchen, although on other occasions I have also turned on the \_\_\_\_\_\_\_\_\_\_ very loudly and even filled the \_\_\_\_\_\_\_\_\_\_ with water."  His wife Eleanor says that she often wakes up in the night when she hears her husband cooking downstairs. She has seen him setting the table and caught him making omelettes and spaghetti bolognese and even frying \_\_\_\_\_\_\_\_\_\_ . The couple say that because of Mr. Wood’s sleepwalking they only get a few hours’ sleep a night and are getting worried that Robert could start a \_\_\_\_\_\_\_\_\_\_ without realizing. "I really am asleep and have no idea I am getting up," said Mr. Wood.  Mrs. Wood says that although the food her husband cooks when asleep looks lovely, she has never eaten it. "Every night, I think 'Is Rob going to cook tonight?' The last time he was in the kitchen, he spilled \_\_\_\_\_\_\_\_\_\_ all over the place." |  |

**Midnight meals: Activity 2**

Listen to the rest of the radio program with an expert on sleepwalking. Choose *True* or *False*. You can read the audio script to help you.

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| **audio script**  **Host** We’ve been talking to Robert, the sleepwalking cook and his wife, Eleanor. And we’re now joined by Professor Maurice from Rochester, New York, who is an expert in sleepwalking. Hello. Welcome, Professor Maurice, does this story surprise you?  **Professor** No, it doesn’t, not at all. I’ve treated people who have driven cars, ridden horses, and I had one man who even tried to fly a helicopter while he was asleep.  **Host** Do people usually have their eyes open when they sleepwalk?  **Professor** Yes, sleepwalkers do usually have their eyes open. That’s why sometimes it’s difficult to know if someone is sleepwalking or not.  **Host** How common is sleepwalking?  **Professor** More common than you might think. Research shows that about 18 percent of the population has a tendency to sleepwalk. But it’s much more common in children than in teenagers or adults. And, curiously, it’s more common among boys than girls. Adults who sleepwalk are usually people who used to sleepwalk when they were children. They might do it after a stressful event, for example, after a traffic accident.  **Host** People always say that you should never wake a sleepwalker up when they’re walking. Is that true?  **Professor** No, it isn’t. People used to think that it was dangerous to wake up a sleepwalker. But, in fact, this isn’t the case. You can wake a sleepwalker up without any problem, although if you do, it is pretty common for the sleepwalker to be confused, so they probably won’t know where they are for a few minutes.  **Host** So, if we see someone sleepwalking, should we wake them up?  **Professor** Yes, you should remember that another of the myths about sleepwalkers is that they can’t injure themselves while they are sleepwalking. But this isn’t true. If a sleepwalker is walking around the house, they might trip or fall over a chair or even fall down stairs. There was a case a while ago of a nine-year-old girl who opened her bedroom window while she was sleepwalking and fell 30 feet to the ground. Luckily, she wasn’t seriously injured. So you see, Eleanor, you’re right to worry that Robert might burn himself when he’s cooking. You need to wake him up and get him back to bed.  **Host** How long does sleepwalking usually last?  **Professor** It can be very brief, for example, a few minutes. The most typical cases are people getting up and getting dressed, or people going to the bathroom. But it can occasionally last much longer, maybe half an hour or even more, as in Robert’s case.  **Host** And what happens when sleepwalkers wake up? Do they remember the things they did while they were sleepwalking?  **Professor** No, as Robert says, a sleepwalker usually doesn’t remember anything afterward.  **Host** So, is a sleepwalker responsible for his or her actions?  **Professor** That’s a very good question, actually. A few years ago a man from Canada got up in the middle of the night and drove 20 miles from his home to the house where his parents-in-law lived and, for no apparent reason, he killed his mother-in-law. The man was charged with murder, but he was found not guilty because he had been asleep at the time he committed the crime.  **Host** What a sad story. Professor Maurice, thank you very much for joining us today. |  |

* 1. A sleepwalker can drive a car while he is asleep.
  + True
  + False
  1. It is easy to know if someone is sleepwalking or not.
  + True
  + False
  1. About 8% of people sleepwalk from time to time.
  + True
  + False
  1. Sleepwalking is most common among young boys.
  + True
  + False
  1. Stress can cause people to sleepwalk.
  + True
  + False
  1. You should never wake up a sleepwalker.
  + True
  + False
  1. Sleepwalkers cannot hurt themselves.
  + True
  + False
  1. People usually sleepwalk for a short time.
  + True
  + False
  1. Sleepwalkers don’t usually remember anything afterwards.
  + True
  + False
  1. Sleepwalking is no excuse if you commit a crime.
  + True
  + False