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

1.  When we were children, we didn't use to like having our hair washed.

2.  When we visited our friends in China, we couldn't get used to eating with chopsticks.

3.  Have you gotten used to living in the suburbs, or do you still miss the city?

4.  I'm really sleepy this morning. I'm not used to going to bed so late.

5.  There used to be a movie theater in our town, but it closed down three years ago.

6.  Paul used to have very long hair when he was younger.

7.  I don't start work until 9:30, so I usually get up at about 8:00.

8.  Did you use to wear a uniform to school?

9.  It's taking me a long time to get used to living on my own.

10.  When I had tests in college, I would stay up all night studying.

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

1. used to have
2. is used to working
3. used to rent
4. get used to getting up
5. used to spend
6. get used to wearing
7. isn't used to sharing
8. got used to having
9. didn't use to like
10. get used to eating

**Sleep: Activity 1**

1. sleepy
2. yawn
3. pillow
4. comforter
5. sheets and blankets
6. insomnia
7. sleeping pills
8. snore
9. nap
10. sleeps like a log

**Sleep: Activity 2**

|  |  |
| --- | --- |
| 1. Someone who doesn’t sleep very deeply | is a light sleeper. |
| 2. Some children have nightmares | if they watch scary movies before bedtime. |
| 3. If you drink coffee in the evening, | it may keep you awake. |
| 4. In the middle of the night, | most people are fast asleep. |
| 5. As many as 15% of people sleepwalk during the night, | getting out of bed and even getting dressed or eating. |
| 6. When people need to get up early, | they often set the alarm (clock). |
| 7. If you don’t hear your alarm, | you might oversleep. |
| 8. According to one study, | 4.7% of Americans fall asleep while driving. |

**Midnight meals: Activity 1**

**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 55 years old and a retired chef , has been a sleepwalker for more than 40 years. "The first time it happened I was 14 ," 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 television very loudly and even filled the bath 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 chips . 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 fire 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 milk all over the place."

**Midnight meals: Activity 2**

1. True
2. False
3. False
4. True
5. True
6. False
7. False
8. True
9. True
10. False