

Sleep and Dreams

Quizlet



<http://bit.ly/incl-adult-class>

VOCABULARY

February 2026

	Basic Words	Notes		Intermediate Words	Notes
1	nap		14	snore	
2	alarm		15	insomnia	
3	blanket		16	jet lag	
4	pillow		17	duvet	
5	nightmare		18	early bird	
6	tired		19	night owl	
7	dream		20	drowsy	
8	pajamas		21	overslept	
9	bed		22	refresh	
10	yawn			Advanced Words	Notes
11	deep sleep		23	circadian rhythm	
12	dark		24	deprivation	
13	quiet		25	subconscious	

My Sleep Senses

Complete the sentences below. Use words from the vocabulary list or your own ideas!

Before I sleep, I feel _____. In the morning, I hear _____.

(Example: soft pillow.)

When I am dreaming, I see _____. To sleep well, I need _____.

Sleep Related Idioms

Try making a sentence with one of these. Do you know any other sleep related idioms?

- "Hit the hay" (To go to bed)
- "Lose sleep over something" (To worry about something)
- "Let sleeping dogs lie" (Don't restart an old argument)
- "Sleep on it" (Wait until tomorrow to make a decision)

Secret Word

Goal: Get your partner/team to guess the Top Word.

Rule: You cannot say the three words listed below it.

Rule: No gestures, no drawing, and no "sounds like" (e.g., "Sounds like 'sheep'").

Scoring: 1 point for every correct guess in 60 seconds.

Discussion

- Are you an **early bird** or a **night owl**?
Why?
- What is the first thing you do when you wake up?
- What are 3 things that help you fall asleep?

HOMWORK

Can you match the words to create compound words?

Example: bed>>>time -> bedtime

There may be more than one compound word possible for each starter word!



Bed ■

■ sleep

Day ■

■ land

Over ■

■ light

Sleep ■

■ light

Night ■

■ dream

Dream ■

■ time

Bed ■

■ mare

Moon ■

■ room

Night ■

■ walk



Bonus: What do the compound words you made mean?



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1. Which of these animals can sleep for up to 3 years?

a) Bear b) Snail c) Koala d) Frog

2. Which animal sleeps for only about 2 hours a day?

a) Giraffe b) Cat c) Sloth d) Horse

3. What is the "world record" for the longest time a human has gone without sleep?

a) 3 days b) 9 days c) 11 days d) 14 days

4. Humans are the only mammals that do what regarding sleep?

a) Dream b) Sleep on their back c) Delay sleep on purpose

5. Which of the following is true about how dolphins sleep?

a) They only sleep during the day b) They never dream
c) They sleep with one eye open



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