

## Daily Life - Trying To Sleep (C0236)

Jill: Alex, what's up with you? You look dreadful!

Alex: Hey Jill, I don't know. I've been having trouble sleeping these past few weeks. I usually lie in bed for hours trying to get to sleep . I've tried stretching and different breathing techniques before going to bed . I've tried eating and not eating different foods. I've even tried counting sheep! And then when I finally get to sleep , I have these really disturbing nightmares, so I usually wake up in a panic and more tired than before I went to sleep .

Jill: Wow, maybe you should get that checked out. Maybe you're stressed?

C: Just take some sedatives! Works for me! Every so often having some melatonin on hand helps me when I have trouble sleeping . It works on all kinds of sleeping disorders . It's the stuff pilots use to regulate their sleeping patterns .

Jill: I heard of that. But does that apply to Alex's situation?



C: Ya sure, why not ? Sounds like he only has transient insomnia since it's a recent thing so taking melatonin do the trick.

Jill: But shouldn't he be looking into WHY it's been happening?

C: Well aren't you the little psychologist? Our buddy's having trouble sleeping , it's easy and curable. It's not something freakish like if he was a sleepwalker.

Alex: Well, there's that too.

### Key Vocabulary

go to sleep *P*

fall asleep

sedative *N*

a drug that calms or relaxes someone

nightmare *N*

a dream that cause horror

sleeping pattern *P*

the regular time of sleeping

do the trick	<i>P</i>	accomplish the desired task
sleeping disorder	<i>P</i>	people who have a medical disorder of the sleep
get to sleep	<i>P</i>	fall asleep

### Supplementary Vocabulary

sleeping pills		medication used to help you fall asleep
night terrors		severe nightmares
sleep apnea		a sleep disorder where the breathing is irregular
REM cycle		the sleeping cycle
sleep deprivation		to go without sleep for a long period of time