

Vocabulary

Verbs

Phrasal verbs

burn out
calm down
chill out
drop off
perk up
race off
sleep over
turn in

Additional vocabulary

breakthrough
caffeine
gene
implication
on the one hand
on the other hand
pharmaceutical
satellite

Expressions about sleep

be fast asleep
be sound asleep
be wide awake
drift off
feel drowsy
have a sleepless night
nod off
sleep like a log
take a power nap
toss and turn

Useful expressions

Giving advice

Have you ever thought of (going) . . . ?
It might not be a bad idea to . . .
The way I see it, you ought to . . .
You might want to . . .

Interpreting meaning

I think that means . . .
It might symbolize . . .
It sounds like . . .
The balloon probably stands for . . .