

3B | Bedrooms

SPEAKING & VOCABULARY: verb collocations (sleep)

1 Complete the sentences with a verb from the box.

fall feel go have make set wake

- 1 I often find it difficult to _____ up in the morning.
- 2 I always _____ the bed first thing in the morning.
- 3 I sometimes _____ a nap after lunch.
- 4 I sometimes _____ asleep in front of the TV.
- 5 I often _____ sleepy in the middle of the day.
- 6 I never _____ to sleep before ten o'clock.
- 7 I sometimes forget to _____ my alarm clock.

2 Change the sentences in exercise 1 so that they are true for you. Compare your sentences with a partner.

3 Work in pairs. Discuss these questions.

- Do you find it easy to get to sleep?
- What do you do when you can't get to sleep?
- Are you a heavy or a light sleeper?
- Do you usually remember your dreams the next morning?
- Can you remember a recent dream?

READING

1 Look at the photos. What do you know about the people?

2 Read the articles 1–6 and match them to the headings below.

A week in bed	Rules for healthy bedrooms
Going nowhere	Sleeping with strangers
No knives allowed	A king's office

3 Read the articles again and match the phrases a–f with the end of each article.

- a and it was never full!
- b so he stayed where he was.
- c because the green contained arsenic, a poisonous chemical.
- d in case they cut themselves.
- e where they recorded 'Give Peace a Chance.'
- f with 100 people in the room.

6 things you probably didn't know about **beds and bedrooms**

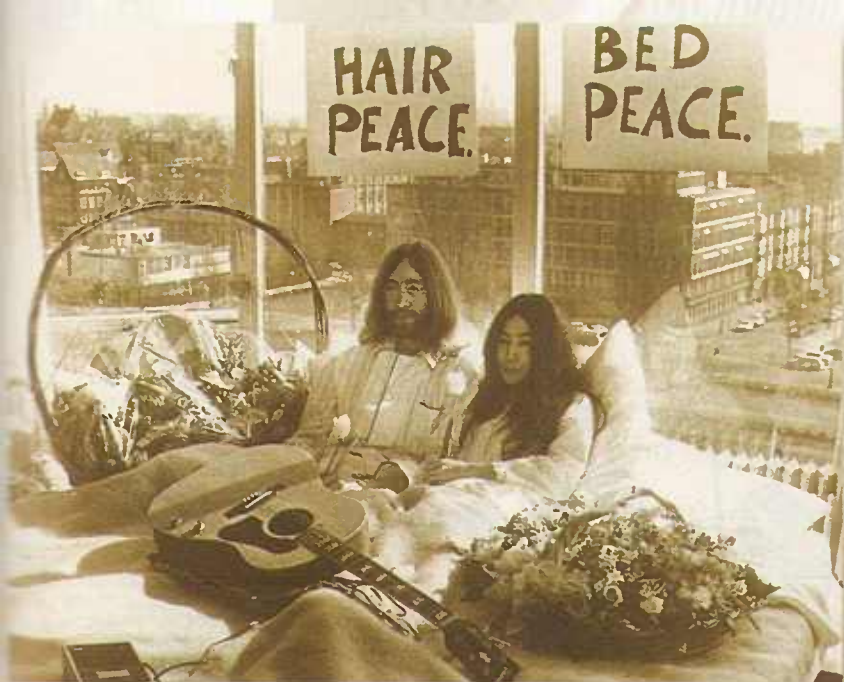
1 In 19th Century Britain, the Ladies' Sanitary Association published a list of rules for bedrooms. Bedrooms had to be fresh and airy, but not too airy in case people caught a cold. You had to keep cooking smells away from bedrooms, or burn incense to hide the smell. You couldn't put green wallpaper in bedrooms ...

2 Louis XIV of France was a busy man but he didn't have to worry about getting up in the morning. His valet woke him up at 8.30 and important friends were then allowed to come into his room, where they could watch him wash and have breakfast. On some days when Louis was feeling sleepy, he didn't get up at all and he conducted the day's business from his bed ...



4 Find words in the articles that match the definitions 1–8

- 1 a decision by a court of law that someone is guilty of a crime
- 2 a man who looks after another man's clothes
- 3 a person who has to leave their country because it is dangerous for them to stay
- 4 a small hotel
- 5 a strong complaint or disagreement
- 6 a substance that gives a strong smell when it is burned
- 7 large rooms where a lot of people sleep
- 8 men who live in a religious community away from other people



- 3 After their wedding in 1969, John Lennon and Yoko Ono spent a week in bed at the Amsterdam Hilton hotel as a protest against the war in Vietnam. They wanted to repeat the protest two months later in the US, but Lennon couldn't get an American visa because he had a conviction for drugs. As a result, the couple had to go to Montreal ...
- 4 **Early Christian monks in Europe slept in long dormitories and followed the rules of Saint Benedict. According to these rules, monks had to sleep in separate beds. They had to go to sleep fully clothed and they weren't allowed to take off their belts. In addition, they couldn't take their knives to bed with them ...**
- 5 When people in Shakespeare's time stayed at an inn, they had to share their beds with complete strangers. When a rich traveller arrived at a busy hostel, he could take the place in bed of a poorer person. However, there was one inn in the small town of Ware where poorer travellers didn't need to get out of bed. The inn had a huge bed for eight people ...
- 6 Political refugee, Alfred Mehran, lost his travel documents in Paris when he was on his way to London. Mehran wasn't allowed to go through passport control at Charles de Gaulle airport, so he made his bed on a plastic bench in the departure lounge and stayed there for eleven years until new documents finally arrived. When the documents arrived, Mehran wasn't sure he wanted to go home after all ...

GRAMMAR: modals of obligation, prohibition & permission (past time)

- 1 Read the sentences from the articles below. Then put the headings in the box in gaps 1–4.

obligation permission prohibition no obligation

- 1 _____
Important friends *were allowed to* come into his room.
- 2 _____
You *had to* keep cooking smells away from bedrooms.
- 3 _____
Poorer travellers *didn't need to* get out of bed.
Louis XIV *didn't have to* worry about getting up in the morning.
- 4 _____
You *couldn't* put green wallpaper in bedrooms.
Mehran *wasn't allowed to* go through passport control.

➤ SEE LANGUAGE REFERENCE PAGE 34

- 2 Complete the text with modals from the grammar box.

A law of 1834 in Britain said that people (1) *couldn't* give money to the poor, unless they were old or ill. The government's solution to the problem of poverty was the building of workhouses around the country. Living conditions in the workhouses were very hard and you (2) _____ leave the building without special permission. Children under seven (3) _____ work, but everyone else (4) _____ do twelve hours a day. You (5) _____ have your own possessions and everyone (6) _____ wear a special uniform. You (7) _____ wash or shave only once a week. Husbands and wives (8) _____ speak to each other and they (9) _____ sleep in separate dormitories. The poor (10) _____ live in these workhouses, but, for many, there was not much choice.

- 3 Look at the photo of a school dormitory 100 years ago. Use your imagination to describe five rules for this dormitory. Compare your ideas with a partner.



- 4 What were the rules in your home when you were a young child?