

Lesson 37: Stress and Insomnia

Hi! How are you today?

Today's lesson is about "***Stress and Insomnia.***"

Have fun learning English!

Warm-up | Useful Expressions

Directions: Listen and repeat.

- **Insomnia** - The condition of being unable to sleep.
- **Under stress** - Feeling pressure or worry caused by the problems in someone's life.
- **Stressful** - Causing a lot of anxiety and worry.
- **Stressed out** - Too anxious and tired to be able to relax.
- **Colleague** - A person that you work with, especially in a profession or a business.
- **Bothersome** - Causing trouble or difficulty.
- **Stuff** - Used to refer to a substance, material, group of objects, etc. when you do not know the name, when the name is not important, or when it is obvious what you are talking about.
- **Annoyed** - Slightly angry
- **Hit the sack** - To go to bed

Activity 1 | Dialogue 1

Directions: Read the dialogue aloud with your teacher.

Sheena doesn't look so nice. Andy begins talking to her.

Andy : Hi Sheena, how have you been doing lately?

Sheena : Hi Andy. Actually, I haven't been sleeping well. Maybe I have **insomnia**.

Andy: That's too bad... Why? Is something bothering you?

Sheena: Well, yes, in a way. I'm **under a lot of stress** in my working place. One of my **colleagues** is really **bothersome**. She always consults with me about her tiny problems, such as, her boyfriend told her something, what kind of clothes she should buy, stuff like that. It's really **stressful!**

Andy: Really? You are stressed because of that!? It is not something you should worry about.

Sheena : I know. But I really can't sleep these days. I really feel **annoyed** when I think of her. I'm starting to get **stressed out**.

Andy : Don't think too much. Forget about work and her after you go home, and just **hit the sack** earlier today.

Sheena : Thanks for your advice. I'll try to do that.

Andy : Just talk to me whenever you feel stressed, okay? At least talking about it might make you feel a bit better. I'm always here for you.

Sheena : Thanks a million! I owe you.

Andy : That's what friends are for.

Check your understanding: Answer the following questions.

1. What does Sheena think causes her insomnia?
2. Why does Sheena say that her colleague is annoying?
3. What was Andy's advice for Sheena's problem?

Activity 2 | Discussion

Directions: These are the problems that can cause stress and insomnia. Discuss these problems with your teacher.

Problems that cause stress and insomnia

- Health problems
- Emotional problems
- Relationships
- Major life changes
- Stress in your family
- Surroundings
- Social situation
- Working environment
- Unemployment

Activity 3 | Free Conversation

Directions: Take turns with your teacher in answering the questions.

1. What do you do if you cannot fall asleep?
2. How does the lack of sleep affect your work?
3. How many hours of sleep do you need per day? Why?
4. Do you think that sleeping too much is a sign of laziness? Explain your answer.
5. When do you feel stress?
6. Do you think feeling stress is unavoidable in this society? Why or why not?
7. What is your method to relieve your stress?