

The Brida Journal - Lesson

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The journal for learners of English, by learners of English

Sweet Dreams

Welcome to the “Sweet Dreams Course”. It is designed for levels B2-B1

In this course you will:

1. Read a text on how to care for your bedding.
2. Translate 20 words about looking after your bedding into your own language.
3. Answer 10 reading comprehension questions.
4. Work through several discussion questions

How did you sleep last night?

How fresh your bed is can affect how well you sleep, says Hayley Worley, who is co-founder of the The Sheet Society, in Melbourne, Australia.

She says, we should change our bedding once a fortnight. If that is not possible, then at least the pillowcases should be washed fortnightly.

During the winter months, the best way to look after your bedding is to wash everything on a cool or warm washing cycle and then put them into the tumble dryer. Dry them until they are about 80% dry. Give them a good shake and then let them hang inside or outside to air, depending on the weather.

We all know how going to sleep in fresh linen is such a good feeling. That should be motivation to change your linen regularly.

When we say good night to each other, we often say “*don't let the bed bugs bite*”.

There is a reason for that, because during our slumber time, we shed make-up, dead skin cells, bacteria and fungi and all these can build up. Dust mites move in to share your bed with you and they bring with them allergies, asthma, and other discomforts.

The best linen is made from cotton. So, storing the bedding is also important, so that it has a chance to breath. Do not store them in plastic containers, instead, a shelf or in a basket.

Sleep well and sweet dreams.

Vocabulary

1	Can affect	
2	Co-founder	
3	We should change	
4	Bedding	
5	Fortnight	
6	Fortnightly	
7	pillowcases	
8	To look after	
9	Cool or warm washing cycle	
10	Tumble dryer	
11	Give them a good shake	
12	Hang outside to air	
13	Change regularly	
14	Don't let the bed bugs bite	
15	Slumber time	
16	We shed	
17	Dust mites	
18	Is made from cotton	
19	It has a chance to breath	
20	Instead, on a shelf or in a basket	

Exercises

Reading Comprehension

1. Who is Haley Worley?
2. What can happen if your bed is not fresh?
3. How often should one change the bedding?
4. What about the pillowcases?
5. Why?
6. What advice does she give about washing your bedding?
7. What are the bed bugs?
8. Why should they stay out of your bed?
9. What is the best material to use for bedding?
10. How should you store the bedding?

Discussion 1

1. How did you sleep last night?
2. How many hours do you sleep?
3. Are you a good sleeper? Why?

Discussion 2

1. Describe your bedroom?
2. Do you like it?
3. What would you change?