

**AFTER
HOURS
STORIES**

**No. 27
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25¢

**SOME SECRETS COME OUT
WHEN YOU'RE NOT AWAKE.**

SLEEPWALK

AH

**SHE COULDN'T
SLEEP.**

**BUT WHAT SHE DID
IN THE DARK...**

**CHANGED
EVERYTHING.**

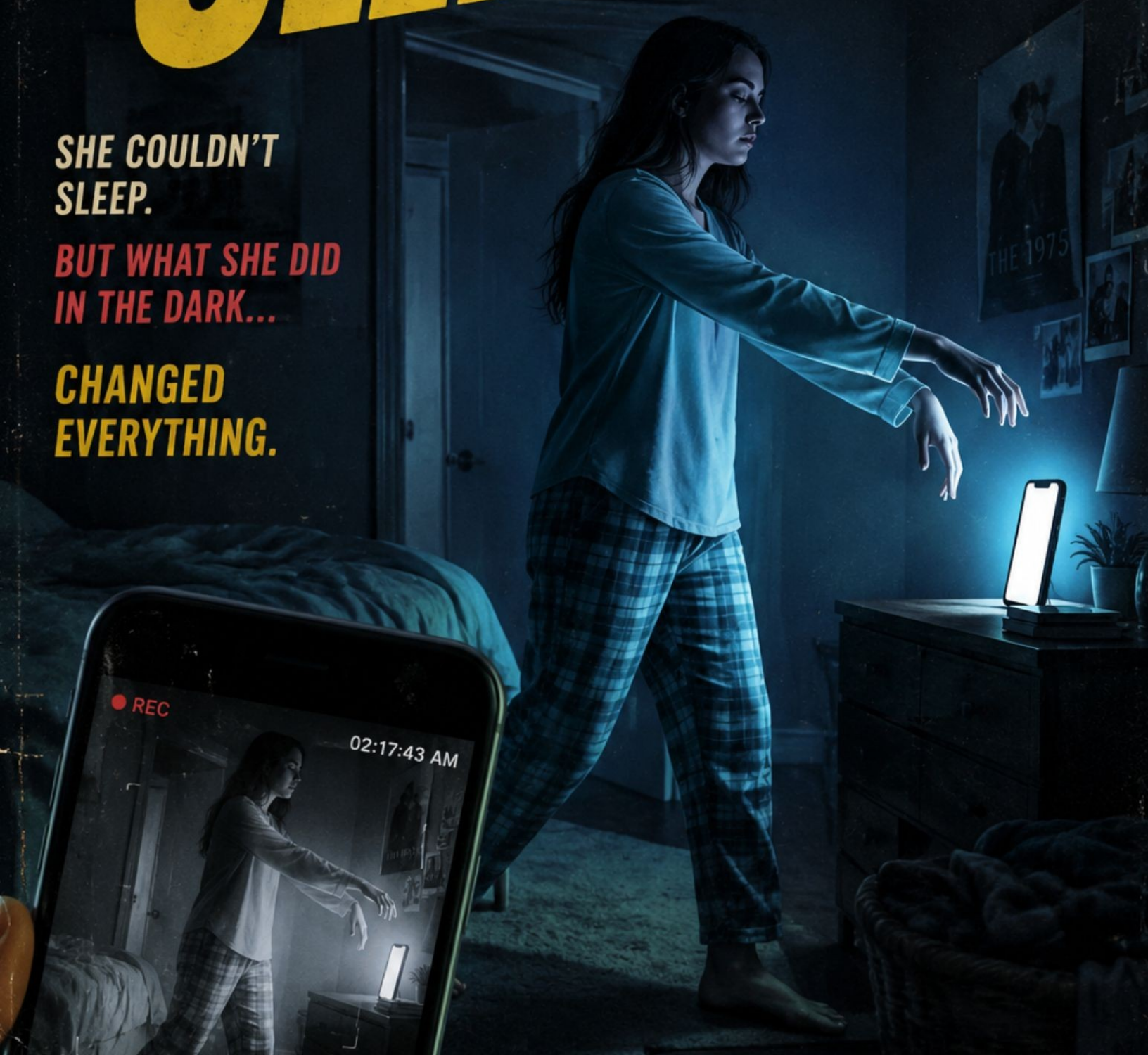


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Introductory Questions

Introduction

Many people experience problems sleeping at some point in their lives. Stress, phones, work, anxiety, and modern life can all affect our ability to rest properly.

In this lesson, you will read a suspense story about a teacher called Sale who suffers from insomnia. After trying many different methods to improve her sleep, she decides to record herself during the night. What she discovers shocks her.

Before reading the story, discuss the questions below with your classmates or teacher.

Introductory Questions

1. Do you usually sleep well at night? Why or why not?
2. What things can stop people from sleeping properly?
3. Do you ever use your phone before going to sleep?

4. Have you ever experienced anything strange while sleeping or dreaming?
5. Do you think sleepwalking can be dangerous? Why or why not?

Sleepwalk

Read the story below carefully and try to understand what is happening. Some parts of the story may seem mysterious or confusing at first, but continue reading and pay attention to the details. As you read, think about what might really be happening to Sale.

Sale had trouble sleeping. Again.

This was the — what — third night? Fourth?

She knew that after about a week, she would get back into a healthier sleeping pattern, but until then it just made her life unbearable.

As a teacher, she needed to be mentally and physically alert. And she was not.

She dragged herself into classes and — kids being kids — they noticed that their teacher was not looking so great.

Sale had tried everything to battle her insomnia.

Yoga, meditation, going to bed early, going to bed late.

She had contemplated taking medicine but she was worried that if she started to do that, she would become dependent. And she didn't want her life to be governed by any pills.

The doctors were stumped.

They had no real answers.

One had even said to her, "Try to get some sleep. Sleep is very important for a healthy life."

Good grief!

That's why she was talking to him!

She had read every article she could find on insomnia and sleep. Read books. Watched videos on the subject.

Nothing helped.

Then, one day, while telling a colleague at school about her lack of sleep, she heard something she had never tried.

Her colleague said that her husband used to have insomnia. He was advised to video himself while sleeping.

The reason for this was that he could then see if he moved a lot during his sleep. If so, then it could mean a change of bed or harder pillows.

Or sleeping in a different room altogether.

But they found the reason (it was the pillows) and after buying firmer ones, he slept like a baby.

Sale had a small moment of positivity in her mind. Maybe this was what she had needed to do all along.

That night, she went to bed, but before doing so, placed her phone in a small holder on the chest of drawers opposite her bed.

Then she clicked record and waited for the results.

She lay in bed, waiting for sleep to come gently knocking on the door of her exhausted mind.

What usually happened was that she would sleep for a couple of hours, then wake up around 2am. Then she could not get back to sleep.

After a while, her eyes flickered closed, her breathing assumed a deep, regular pattern, and she fell asleep beneath the phone's unblinking eye.

As soon as Sale woke again, she knew that it was the middle of the night.

Just that feeling in her body that it was at that time

when the whole world was sleeping.

She sighed with the resignation of having this awful sleeping sickness that just takes and takes.

Her hand automatically reached out for her phone that she had left on the bedside table, but it was not there.

Then she remembered putting it on the chest of drawers.

With another sigh of resignation, she pulled back the bed covers and got up to retrieve her phone.

She may as well scroll through her phone while staring at the screen now she was wide awake.

Three steps and she fumbled with the phone, extracting it from the holder. She turned off the record button, then returned to bed.

What a waste of time that was. No point in even looking at the video. She had only been asleep for a short time.

Sale lost herself in a feed of news and updates from her contacts.

Pictures of people smiling as if they got eight hours of sleep every night.

No dark shaded area under their eyes.

No look of mental exhaustion on their faces.

These people were happy. Because they were able to sleep every night.

Sale continued scrolling until she found herself just staring at the screen with her jaw open.

The thought came to her; I may as well look at the video. See if it shows anything of interest.

She found the video and clicked play.

It was quite long. Almost four hours. But maybe something could help her.

The video showed an image of her lying down. Moving from side to side. But after a short while, it showed her asleep.

The video continued. All she saw was herself sleeping in bed. Not moving around. Fixed in one position.

Then, a sudden movement.

Sale watched as the video showed her getting out of bed in one deft movement. She was up and on her feet in a second.

This was it, she was sleepwalking!

Now she knew what was causing the insomnia, she had more chance of finding a cure.

Sale in the video walked past the phone and disappeared. Clearly she had got up just after falling asleep and left the room.

Now she finally had proof. She could show the doctor and get more defined answers.

The video continued playing.

Just an image of an empty bed.

Sale continued to watch but nothing else happened.

The video played on.

If she had left the room while sleepwalking, where did she go?

And what did she do?

Sale pressed fast forward on her phone and the video played at double speed.

Nothing happened. Just an image of the bed.

Sale had heard of people doing the strangest things while sleepwalking. People going for long walks. One story of a woman who got in her car and drove way out of town.

She was concerned about her whereabouts while in this state.

Then finally, a change in scene on the video. A shadow appearing to the left of the image.

And then an image of Sale reappearing in the room.

She must have been gone for at least two hours. Where had she been? Where did she go?

Then Sale in the video turned to the camera.

She leaned in close until her face filled the screen.

Then she winked and placed a finger against her lips like she was telling someone not to speak. Not to reveal the secret.

This was not sleepwalking.

She was wide awake.

Sleepwalk – story in sections

Read the story slowly and carefully. Try to understand the story as best you can before answering the questions. Some parts of the story may seem mysterious or confusing at first, but continue reading carefully and pay attention to the details.

After each section of the story, answer the reading comprehension questions according to the information in the text. Try to answer using full and complete sentences. Avoid giving one-word answers where possible.

In class, students can take turns reading the story aloud. Depending on the size and level of the class, each student may read one section, one paragraph, or just two or three sentences at a time. Teachers should use their own judgement and adapt the activity to suit the needs of their students.

You can find my model answers at the end of the lesson plan.

Section 1

Sale had trouble sleeping. Again.

This was the — what — third night? Fourth?

She knew that after about a week, she would get back into a healthier sleeping pattern, but until then it just made her life unbearable.

As a teacher, she needed to be mentally and physically alert. And she was not.

She dragged herself into classes and — kids being kids — they noticed that their teacher was not looking so great.

Sale had tried everything to battle her insomnia.

Yoga, meditation, going to bed early, going to bed late.

She had contemplated taking medicine but she was worried that if she started to do that, she would become dependent.

And she didn't want her life to be governed by any pills.

Reading Comprehension Questions

1. Who is the main character in the story?
2. What does she have trouble with?
3. How many nights has she slept badly this week?
4. What does she do for a living?
5. What do her students notice about her?
6. What methods has she tried to combat her insomnia?
7. What one method does she not want to try? And why?

Section 2

The doctors were stumped.

They had no real answers.

One had even said to her, “Try to get some sleep. Sleep is very important for a healthy life.”

Good grief!

That’s why she was talking to him!

She had read every article she could find on insomnia and sleep. Read books. Watched videos on the subject.

Nothing helped.

Then, one day, while telling a colleague at school about her lack of sleep, she heard something she had never tried.

Her colleague said that her husband used to have insomnia. He was advised to video himself while sleeping.

Reading Comprehension Questions

8. Do the doctors have any answers for Sale?
9. What did one doctor advise Sale to do that she regarded as unhelpful?
10. How has she studied the science behind insomnia?
11. What advice does a colleague give Sale that her husband tried?

Section 3

The reason for this was that he could then see if he moved a lot during his sleep. If so, then it could mean a change of bed or harder pillows.

Or sleeping in a different room altogether.

But they found the reason (it was the pillows) and after

buying firmer ones, he slept like a baby.

Sale had a small moment of positivity in her mind. Maybe this was what she had needed to do all along.

That night, she went to bed, but before doing so, placed her phone in a small holder on the chest of drawers opposite her bed.

Then she clicked record and waited for the results.

Reading Comprehension Questions

12. What is the thinking behind recording a video while sleeping? What could she discover?
13. What did Sale's colleague's husband change about his sleeping system?
14. How did Sale feel after hearing this advice?
15. Before getting into bed, what did Sale do with her phone?

Section 4

She lay in bed, waiting for sleep to come gently knocking

on the door of her exhausted mind.

What usually happened was that she would sleep for a couple of hours, then wake up around 2am. Then she could not get back to sleep.

After a while, her eyes flickered closed, her breathing assumed a deep, regular pattern, and she fell asleep beneath the phone's unblinking eye.

As soon as Sale woke again, she knew that it was the middle of the night.

Just that feeling in her body that it was at that time when the whole world was sleeping.

She sighed with the resignation of having this awful sleeping sickness that just takes and takes.

Reading Comprehension Questions

16. What is Sale's usual sleeping routine?
17. Does she fall asleep on this particular night?
18. When she woke up, what time does she think it might be?

Section 5

Her hand automatically reached out for her phone that she had left on the bedside table, but it was not there.

Then she remembered putting it on the chest of drawers.

With another sigh of resignation, she pulled back the bed covers and got up to retrieve her phone.

She may as well scroll through her phone while staring at the screen now she was wide awake.

Three steps and she fumbled with the phone, extracting it from the holder. She turned off the record button, then returned to bed.

What a waste of time that was. No point in even looking at the video. She had only been asleep for a short time.

Reading Comprehension Questions

19. What automatic gesture does she make with her hand upon waking?
20. What does she remember about her phone?

21. What does she decide to do with her phone?
22. What does she decide not to do with her phone?

Section 6

Sale lost herself in a feed of news and updates from her contacts.

Pictures of people smiling as if they got eight hours of sleep every night.

No dark shaded area under their eyes.

No look of mental exhaustion on their faces.

These people were happy. Because they were able to sleep every night.

Sale continued scrolling until she found herself just staring at the screen with her jaw open.

The thought came to her; I may as well look at the video. See if it shows anything of interest.

She found the video and clicked play.

It was quite long. Almost four hours. But maybe something could help her.

Reading Comprehension Questions

23. What does Sale look at on her phone?
24. What expressions does she see on people's faces?
25. What physical things does she not see on their faces?
26. Why does she believe the people she sees on her phone look happy?
27. Does she look at the video she recorded of herself sleeping?
28. How long is the video?

Section 7

The video showed an image of her lying down. Moving from side to side. But after a short while, it showed her asleep.

The video continued. All she saw was herself sleeping in bed. Not moving around. Fixed in one position.

Then, a sudden movement.

Sale watched as the video showed her getting out of bed in one deft movement. She was up and on her feet in a second.

This was it, she was sleepwalking!

Now she knew what was causing the insomnia, she had more chance of finding a cure.

Sale in the video walked past the phone and disappeared.

Clearly she had got up just after falling asleep and left the room.

Reading Comprehension Questions

29. What does the beginning of the video show?
30. What unusual thing does Sale notice herself doing in the video?
31. What realisation does she come to after seeing this?
32. In the video, does Sale stay in her bedroom?

Section 8

Now she finally had proof. She could show the doctor and get more defined answers.

The video continued playing.

Just an image of an empty bed.

Sale continued to watch but nothing else happened.

The video played on.

If she had left the room while sleepwalking, where did she go?

And what did she do?

Sale pressed fast forward on her phone and the video played at double speed.

Nothing happened. Just an image of the bed.

Reading Comprehension Questions

33. Who does she want to show the video to?

34. Why does she want to do this?

35. What action does Sale do to her phone to watch more of the video?

36. What does she see?

Section 9

Sale had heard of people doing the strangest things while sleepwalking. People going for long walks. One story of a woman who got in her car and drove way out of town.

She was concerned about her whereabouts while in this state.

Then finally, a change in scene on the video. A shadow appearing to the left of the image.

And then an image of Sale reappearing in the room.

She must have been gone for at least two hours. Where had she been? Where did she go?

Then Sale in the video turned to the camera.

She leaned in close until her face filled the screen.

Reading Comprehension Questions

37. What stories has Sale heard of people sleepwalking?
38. In the video, does Sale come back into the bedroom?

39. How long does Sale guess that she had left the room while sleepwalking?

Section 10

Then she winked and placed a finger against her lips like she was telling someone not to speak. Not to reveal the secret.

This was not sleepwalking.

She was wide awake.

Reading Comprehension Questions

40. What gesture does Sale in the video make to the camera?

41. What does Sale realise about herself in the middle of the night?

42. Was she sleepwalking? Or something else?

Reading Comprehension Questions

Answer the questions below according to the information in the story. Try to use full and complete sentences where possible. If you are working in class, discuss your answers with your classmates and teacher.

You can find my model answers at the end of the lesson plan.

1. Who is the main character in the story?
2. What does she have trouble with?
3. How many nights has she slept badly this week?
4. What does she do for a living?
5. What do her students notice about her?
6. What methods has she tried to combat her insomnia?
7. What one method does she not want to try? And why?
8. Do the doctors have any answers for Sale?

9. What did one doctor advise Sale to do that she regarded as unhelpful?
10. How has she studied the science behind insomnia?
11. What advice does a colleague give Sale that her husband tried?
12. What is the thinking behind recording a video while sleeping? What could she discover?
13. What did Sale's colleague's husband change about his sleeping system?
14. How did Sale feel after hearing this advice?
15. Before getting into bed, what did Sale do with her phone?
16. What is Sale's usual sleeping routine?
17. Does she fall asleep on this particular night?
18. When she woke up, what time does she think it might be?
19. What automatic gesture does she make with her hand upon waking?

20. What does she remember about her phone?
21. What does she decide to do with her phone?
22. What does she decide not to do with her phone?
23. What does Sale look at on her phone?
24. What gesture does she see on people's faces?
25. What physical things does she not see on their faces?
26. Why does she believe the people she sees on her phone look happy?
27. Does she look at the video she recorded of herself sleeping?
28. How long is the video?
29. What does the beginning of the video show?
30. What unusual thing does Sale notice herself doing in the video?
31. What realisation does she come to after seeing this?
32. In the video, does Sale stay in her bedroom?

33. Who does she want to show the video to?
34. Why does she want to do this?
35. What action does Sale do to her phone to watch more of the video?
36. What does she see?
37. What stories has Sale heard of people sleepwalking?
38. In the video, does Sale come back into the bedroom?
39. How long does Sale guess that she had left the room while sleepwalking?
40. What gesture does Sale in the video make to the camera?
41. What does Sale realise about herself in the middle of the night?
42. Was she sleepwalking? Or something else?

True or False

Read the statements below and decide if they are **True (T)** or **False (F)**.

You can find the correct answers at the end of the lesson plan.

1. Sale works as a doctor.
2. Sale has been struggling with insomnia.
3. Sale wants to become dependent on sleeping pills.
4. One of Sale's colleagues gives her advice about recording herself while sleeping.
5. Sale places her phone beside her bed before sleeping.
6. Sale wakes up in the middle of the night.
7. Sale immediately watches the video after waking up.
8. The video shows Sale sleeping peacefully for the entire night.

9. Sale sees herself leaving the bedroom in the video.
10. Sale believes she may be sleepwalking.
11. Sale fast forwards through part of the video.
12. Sale returns to the bedroom after only a few minutes.
13. At the end of the video, Sale looks directly into the camera.
14. Sale smiles and waves at the camera.
15. At the end of the story, Sale realises she was not sleepwalking.

Essential Vocabulary

Go through the words and phrases below and make sure you understand their meanings. Use a dictionary if necessary and try to learn how the words are used in context within the story.

stumped	exhausted	sleepwalking
unbearable	flickered	whereabouts
alert	unblinking	shadow
contemplated	resignation	leaned in
dependent	retrieve	reveal
governed	fumbled	wide awake
	feed	secret
colleague	shaded	disappeared
positivity	exhaustion	proof
pillows	scrolling	movement
chest of drawers	deft	sleep pattern
exhausted mind	cure	middle of the night

Vocabulary Practice Exercise

Follow the steps below to help you learn and remember new words and phrases more effectively:

Write each new word or phrase in your vocabulary notebook.

Look up the meaning of each word in your dictionary. Write a clear and simple definition next to the word.

Create your own sentence using the word or phrase correctly. Try to make the sentence meaningful and connected to your own life or experiences.

Examples

Stumped

Meaning: *unable to find an answer or solution to a problem.*

Example sentence: *The teacher was completely*

stumped by the student's difficult question.

Sleepwalking

Meaning: *walking or moving around while asleep.*

Example sentence: *My brother once started sleepwalking and woke up in the kitchen during the night.*

Why do this?

Doing this regularly will help you improve all areas of your English — reading, writing, speaking, and listening. By writing definitions and making your own examples, you are actively using the language, which helps it stay in your memory more effectively.

What is the Correct Synonym?

In this exercise, match the words from the story with words that have similar meanings. This will help you improve your vocabulary and understand how different words can express similar ideas.

Words	Synonyms
1. exhausted	a. clue
2. alert	b. tired
3. proof	c. reveal
4. retrieve	d. aware
5. reveal	e. get back
6. shadow	f. evidence
7. scrolling	g. dark shape
8. secret	h. moving through
9. positivity	i. hidden truth
10. cure	j. solution
11. flickered	k. hopefulness
12. whereabouts	l. flashed
13. dependent	m. controlled

Words	Synonyms
14. governed	n. relying on
15. stumped	o. confused

What is the Correct Antonym?

In this exercise, match the words from the story with words that have opposite meanings. This will help you expand your vocabulary and better understand how words can contrast with each other in English.

Words	Antonyms
1. exhausted	a. asleep
2. alert	b. visible
3. positivity	c. energetic
4. dependent	d. weak
5. reveal	e. calm
6. secret	f. negative attitude
7. wide awake	g. independent
8. shadow	h. ordinary
9. sleepwalking	i. hide
10. unbearable	j. awake
11. deft	k. comfortable
12. disappeared	l. clumsy
13. exhaustion	m. visible

Words	Antonyms
14. strange	n. rested
15. asleep	o. tiredness

Words and Meanings

In this exercise, match the words and phrases from the story with their correct meanings. This will help you better understand the vocabulary used in the story and improve your overall reading comprehension.

Words	Meanings
1. insomnia	a. moving while asleep
2. colleague	b. unable to sleep
3. retrieve	c. strong tiredness
4. exhaustion	d. a person you work with
5. whereabouts	e. evidence
6. proof	f. place where someone is
7. shadow	g. get something back
8. sleepwalking	h. quick movement
9. scrolling	i. dark shape
10. reveal	j. moving through online content
11. positivity	k. show something hidden
12. stumped	l. hopeful feeling
13. deft	m. unable to find an answer

Words	Meanings
14. secret	n. hidden information
15. cure	o. something that solves a problem

Gap Fill Exercise

Complete the sentences below using the correct words from the word box. Use each word only once. This exercise will help you remember and use important vocabulary from the story in context.

Complete the sentences with the correct words from the box below.

Words:

insomnia — exhausted — retrieve — scrolling — proof — shadow — reveal — secret — sleepwalking — colleague

She suffered from terrible _____ for many nights.

She felt mentally and physically _____ every day.

Her _____ suggested recording herself while sleeping.

Sale got out of bed to _____ her phone.

She spent time _____ through updates on her phone.

The video gave her _____ that something strange was happening.

A dark _____ appeared on the screen.

At the end of the video, Sale seemed to _____ a hidden truth.

She realised that this was not ordinary _____.

Sale acted as if she was hiding a _____.

Sleep Habits Quiz

Answer the questions honestly.

Choose the answer that is most true for you.

1. How many hours do you usually sleep each night?

- a) More than 8 hours
- b) Around 6–8 hours
- c) Less than 6 hours

2. What time do you usually go to bed?

- a) Before 10pm
- b) Between 10pm and midnight
- c) After midnight

3. Do you look at your phone before sleeping?

- a) Never
- b) Sometimes
- c) Every night

4. What do you usually do if you cannot sleep?

- a) Read or relax quietly
- b) Watch videos or use my phone
- c) Stay awake and worry

5. How do you usually feel in the morning?

- a) Refreshed and energetic
- b) Normal
- c) Very tired

6. Have you ever woken up in the middle of the night and struggled to sleep again?

- a) Never
- b) Sometimes
- c) Often

7. Do you remember your dreams?

- a) Almost always
- b) Sometimes
- c) Rarely

8. Have you ever talked or moved in your sleep?

- a) Yes
- b) Maybe

c) Never

9. Do you think modern technology affects sleep?

a) Yes, very strongly

b) Sometimes

c) Not really

10. Would you ever record yourself while sleeping like Sale did?

a) Yes, definitely

b) Maybe

c) No, never

Your Results

Mostly A Answers

You probably have healthy sleeping habits and a good sleep routine.

Mostly B Answers

Your sleeping habits are fairly normal, but there may be areas you could improve.

Mostly C Answers

You may not be getting enough healthy sleep. Perhaps you should change some sleeping habits!

Pair Discussion

Discuss your answers with a partner.

1. Who sleeps the most?
2. Who uses their phone the most before sleeping?
3. Who has the healthiest sleeping habits?
4. Has anyone experienced strange things while sleeping?
5. What advice would you give to someone with insomnia?
6. Do you think modern life makes sleep more difficult? Why?

Discussion Questions

Discuss the questions below with your classmates or teacher. Try to give full answers and explain your ideas and opinions as clearly as possible. There are no fixed correct answers in this section — the aim is to practise speaking and sharing your thoughts.

1. Have you ever had trouble sleeping? What caused it?
2. How important is sleep for a healthy life?
3. What things help you sleep well at night?
4. Do you think modern life causes more sleeping problems? Why?
5. Would you ever record yourself while sleeping? Why or why not?
6. Do you think phones help people relax or make sleep problems worse?
7. Why do you think Sale refuses to take sleeping pills?

8. Have you ever felt mentally exhausted because of lack of sleep?
9. Why do you think the doctors could not help Sale?
10. Do you believe sleepwalking can be dangerous? Why?
11. Have you ever heard any strange stories about sleepwalking?
12. If you discovered you were sleepwalking, how would you feel?
13. Why does Sale continue watching the video even after becoming frightened?
14. What do you think Sale was doing while she was out of the room?
15. Why do you think Sale winked at the camera?
16. Who do you think the “secret” was meant for?
17. Do you think the ending is supernatural or psychological? Why?
18. Why are twist endings effective in stories like this?
19. What emotions did you feel while reading the story?
20. If you could change the ending of the story, what

would happen next?

Role Play Activity

The Sleep Clinic

Situation

Sale has decided to visit a sleep specialist after watching the strange video of herself during the night.

One student will play Sale.

One student will play the sleep doctor.

The doctor asks Sale questions about:

- her sleeping habits
- her insomnia
- what she saw in the video
- how she feels emotionally
- what may have caused the problem

The doctor should try to:

- understand the situation
- give advice
- suggest possible explanations
- recommend treatment

Sale should explain:

- her symptoms
- her fears
- what happened in the video
- why she feels frightened

Useful Questions for the Doctor

- How long have you had trouble sleeping?
- What usually happens during the night?
- Have you tried any treatments already?
- What did you see in the video?
- Do you often feel stressed or anxious?
- Have you ever sleepwalked before?
- How did the video make you feel?
- Do you think you were awake or asleep?

Useful Expressions for Sale

- I haven't slept properly for...
- I feel exhausted all the time.
- I tried everything, but nothing worked.
- I was shocked when I watched the video.
- I don't remember leaving the room.
- I felt frightened and confused.
- I think something strange is happening to me.
- I just want to sleep normally again.

Follow-Up Discussion

After the role play, discuss these questions as a class:

- Did the doctor give good advice?
- What do you think is really happening to Sale?
- Should Sale tell anyone else about the video?
- What would you do in her situation?

Writing Exercise

Continue the Story...

At the end of the story, Sale realises that she was not sleepwalking. She was fully awake.

But where had she gone in the middle of the night?

And what was the secret?

Imagine you are the writer of the story. Continue the story from this point.

You can include:

- where Sale went during the night
- what secret she is hiding
- whether the story is psychological, criminal, or supernatural
- how Sale feels after watching the video
- what she decides to do next
- whether anyone else becomes involved

Try to:

- build suspense
- describe Sale's thoughts and emotions
- create an interesting ending
- Write approximately 200–400 words.

Reading Comprehension Questions — Model Answers

These are my model answers for the reading comprehension questions. Your answers may be slightly different, and that is perfectly fine. As long as your answers are correct and clearly answer the questions, they should be acceptable. If you are unsure, please check your answers with your teacher.

1. The main character in the story is a woman called Sale.
2. She has trouble sleeping and suffers from insomnia.
3. She thinks that this is either the third or fourth night of bad sleep.
4. Sale works as a teacher.
5. Her students notice that she looks tired and unwell.
6. She has tried yoga, meditation, going to bed early, and going to bed late to combat her insomnia.

7. She does not want to take sleeping medicine because she is afraid of becoming dependent on pills.
8. No, the doctors do not have any real answers for Sale.
9. One doctor advised Sale to try to get some sleep, which she thought was unhelpful.
10. She has read articles, books, and watched videos about insomnia and sleep.
11. A colleague advised Sale to record herself while sleeping.
12. The idea behind recording herself while sleeping was to discover if she moved around or did anything unusual during the night.
13. Sale's colleague's husband changed his pillows and bought firmer ones.
14. Sale felt hopeful and positive after hearing the advice.
15. Before getting into bed, Sale placed her phone in a holder on the chest of drawers opposite her bed and started recording.

16. Sale usually sleeps for a couple of hours, wakes up around 2am, and then cannot get back to sleep.
17. Yes, she does fall asleep on that particular night.
18. When she woke up, she thought it was the middle of the night.
19. Upon waking, she automatically reached out for her phone with her hand.
20. She remembered that she had left her phone on the chest of drawers.
21. She decides to scroll through her phone while she is awake.
22. She decides not to watch the video because she thinks it will be a waste of time.
23. Sale looks at news and updates from her contacts on her phone.
24. She sees smiling faces in the pictures.
25. She does not see dark shaded areas or signs of exhaustion on their faces.
26. She believes the people look happy because they are

able to sleep properly every night.

27. Yes, she eventually decides to watch the video she recorded.

28. The video is almost four hours long.

29. The beginning of the video shows Sale lying in bed and eventually falling asleep.

30. Sale notices herself getting out of bed and leaving the room while apparently asleep.

31. She realises that she may be sleepwalking and that this could be causing her insomnia.

32. No, in the video Sale leaves the bedroom.

33. She wants to show the video to her doctor.

34. She wants to do this because she believes the video could help explain her sleeping problem.

35. Sale presses fast forward on her phone to watch more of the video quickly.

36. She sees an empty bed for a long period of time.

37. Sale has heard stories about people going for long

walks or even driving cars while sleepwalking.

38. Yes, Sale eventually comes back into the bedroom in the video.
39. Sale guesses that she was out of the room for at least two hours.
40. Sale in the video winks and places a finger against her lips.
41. Sale realises that she was not actually sleepwalking.
42. No, she was not sleepwalking because she appeared to be fully awake.

True or False — Answers

1. False
2. True
3. False
4. True
5. False
6. True
7. False
8. False
9. True
10. True
11. True
12. False
13. True
14. False
15. True

What is the Correct Synonym — Answers

1.insomnia → unable to sleep

2.exhausted → tired

3.alert → awake

4.dependent → relying on

5.stumped → confused

6.retrieve → get back

7.scrolling → moving through

8.proof → evidence

9.shadow → dark shape

10.reveal → show

11.secret → hidden truth

12.cure → solution

What is the Correct Antonym — Answers

1. exhausted → energetic

2. alert → asleep

3. dependent → independent

4. reveal → hide

5. secret → obvious

6. insomnia → sleep

7. shadow → visible

8. positivity → negative attitude

9. wide awake → asleep

10. exhaustion → rested

11. disappeared → appear

12. sleepwalking → awake and aware

Words and Meanings — Answers

- 1.insomnia → inability to sleep
- 2.colleague → a person you work with
- 3.exhausted → very tired
- 4.dependent → needing something regularly
- 5.retrieve → to get something back
- 6.proof → evidence that something is true
- 7.scrolling → moving through content on a screen
- 8.shadow → a dark shape caused by light
- 9.secret → hidden information
- 10.reveal → to show something hidden
- 11.whereabouts → the place where someone is
- 12.cure → something that fixes a problem

Gap Fill Exercise — Answers

1. insomnia
2. exhausted
3. colleague
4. retrieve
5. scrolling
6. proof
7. shadow
8. reveal
9. sleepwalking
10. secret

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