

## Before, during, and after sleep

**BEFORE:** You feel **sleepy**, start **yawning**, and decide to go to bed. You might put on **pajamas** or a **nightie**, perhaps **set the alarm**, and then get into bed. Soon, if you're lucky, you **fall asleep**.

**DURING:** When you're **asleep**, you have **dreams** and possibly **nightmares**. Some people snore; at this point they're **fast asleep**.

**AFTER:** 7:30 a.m. The alarm **goes off**. It might **wake you up**, or you be **wide awake** already. People without an alarm might **oversleep**, others might decide to **have a lie-in**.



テキスト全文はレッスン受講時に担当講師よりお受け取りください。

You can see the whole lesson from your teacher,  
please ask them to send it to you before the class.