

➤ Questions

1. How do you feel in the morning after staying up late?
2. Do you sometimes sleep late?
3. Did you ever go to bed late when you were a child?
4. What do you like to do when you stay up late?
5. Do you go to sleep early or stay up late?
6. What did you do last time you stayed up late?

Please Note:

Our model answers teach you useful language and give you ideas. However, it is not a good idea to try and memorise them and repeat them in the IELTS exam.

shattered = very tired

a copious amount of = a large amount of

to function properly = to be like a normal human being

grumpy = being in a slightly angry mood because you are annoyed at something or are feeling tired

unbroken sleep = sleep without waking up

1. How do you feel in the morning after staying up late?

In a word, **shattered**. I need to drink **a copious amount of** coffee before I'm able **to function properly**. I'm often quite **grumpy** too if I don't get at least 8 hours **unbroken sleep** a night.



NATIVE SPEAKERS OF ENGLISH

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to sleep in = to stay in bed until later

at the crack of dawn = very early in the morning

in the early hours = after midnight

2. Do you sometimes sleep late?

When I was younger, I used **to sleep in** all the time, but I've found that as I get older, I wake up **at the crack of dawn** even if I've gone to bed **in the early hours**.



NATIVE SPEAKERS OF ENGLISH

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strict = someone who has rules that must be obeyed

to stick to a routine = to keep to a routine; to do the same things regularly at the same time

chilled = relaxed; easy-going

past my bedtime = after the time you normally go to sleep

3. Did you ever go to bed late when you were a child?

My parents were pretty **strict** and **stuck to a routine** so I had to be in bed early on a school night. In the holidays, they were a bit more **chilled** and let me stay up **past my bedtime**.



NATIVE SPEAKERS OF ENGLISH

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me time = time to do what you want to do

to recharge my batteries = to regain energy

to binge-watch = to watch episodes of a TV programme one after another

4. What do you like to do when you stay up late?

My perfect evening would be a bit of **me time** to **recharge my batteries**. You know, something like a long, hot bath and then **binge-watch** a couple of episodes of whatever drama I'm watching.



NATIVE SPEAKERS OF ENGLISH

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I tend to go = I usually go

I turn into = I become

a night owl = a person who prefers/works better late at night

to have a lie in = to sleep late

5. Do you go to sleep early or stay up late?

It depends on the day of the week. On weekdays, I **tend to go** to bed early, but at weekends, I **turn into a night owl** because I can **have a lie in** the next morning.



NATIVE SPEAKERS OF ENGLISH

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If I remember rightly = I think I am right but I am not 100% sure

back = ago

I got engrossed in it = it took all of my attention

in a row = one after the other

a cliffhanger = a story or a situation that is exciting because its ending or result is uncertain

6. What did you do last time you stayed up late?

If I remember rightly, it was a few weeks **back**... **I was watching** a drama and **I got engrossed in it**. I **watched three episodes in a row** because every episode ended on **a cliffhanger**, and I just couldn't stop watching it.



NATIVE SPEAKERS OF ENGLISH

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