

## 雅思口语 IELTS Speaking Part 1: Sleeping

### 1. How many hours do you sleep each day?

It's kind of hard to say for sure, but I guess on average, I probably get about 7 or 8 hours of sleep a day, something like that. Cos I'm normally in bed at about 11 ish, and I usually get up sometime around 7. So yeah, 7 to 8 hours is about the norm for me.

**on average** -平均

**11 ish** – around 11 (用于表示时间、日期、年龄的词之后)表示“...前后的”, “...左右的” **-ish** is added to words referring to times, dates, or ages to form words which indicate that the time or age mentioned is approximate.

**the norm** - 通例;常规 If you say that a situation is **the norm**, you mean that it is usual and expected

### 2. Is it necessary to take a nap every day?

No, I wouldn't say it is. And also I think it kind of depends on the person, because some people do feel the need to have a nap to give them energy for the rest of the day, but for others, like myself, we can quite easily get through the day without taking a nap.

**the rest of the day**– 剩余的一天; 一天的剩余时光

**get through the day**– 度过一天

### 3. Do old people sleep a lot?

It's pretty hard to generalize, but on the whole, I wouldn't really say so, no, because I mean, if I think about the elderly people I know, they're

normally up pretty early each day. And I mean, they might take a nap at some stage during the day, but I wouldn't consider that to be sleeping a lot!

***It's pretty hard to generalize, but on the whole*** – 很难概括，但总的来说，

***Up*** - here, it's an adjective, which means being out of bed

***at some stage during the day*** – at some time in the day

*They might go to bed early than most, but they're also up earlier than most.* – 他们可能比大多数人睡得早，但也比大多数人起得早。

#### 4. How can one sleep well?

I'd say it kind of differs between people, because what works well for one person might not work well for another. But by and large I'd say most people sleep well when it's quiet around them. And I think it helps too if you've had a fulfilling day. Because I mean, for me, I always tend to sleep better if I've done a lot that day, like doing exercise and stuff.

***by and large*** = generally speaking, on the whole

#### 5. Do you like to get up early in the morning?

*If no:*

No, not particularly! I'm not really a morning person, and if I do get up early, I always feel extremely groggy, and it takes me a while to feel fully awake. So yeah, I'm not at my best first thing in the morning!

***Groggy*** – feeling sleepy and not fully awake, 没完全清醒的样子

*I'm not at my best first thing in the morning* – 一大早不是我最好的状态！

*If yes:*

Yeah I do actually. You know, it feels quite good getting up early while everyone else is still sleeping. Sometimes I might find it difficult dragging myself out of bed, but once I'm up, I feel pretty good, and it means I can get more things done that day.

***dragging myself out of bed – getting out of bed*** (意味着你不想起床, 很勉强起床!)

6. Can you sleep well if you're in a noisy environment?

No, definitely not! I find it very difficult getting to sleep if there's lots of noise around me, which I guess is the same for most people.

***which I guess is the same for most people*** – 我想大多数人也是这样子的