

Part 1: Model Answer

Do you like to wake up early in the morning?

Not really, no. I've never been an **early riser**. I'll usually wake up at around eight o'clock in the morning and I'll try and be at my desk and working by nine. However, at the weekend I love to **sleep in**. I'll actually **wake up naturally** around eight o'clock but then I'll **snooze** until nine or ten. If fact, if I've got nothing on that day, sometimes I'll **lie in** until eleven.

Useful expressions

Early riser

Someone who wakes up early in the morning.

*"I've never been an **early riser**."*

To sleep in

To stay in bed and continue sleeping longer than usual.

*"However, at the weekend I love to **sleep in**."*

To wake up naturally

To wake up without the aid of an alarm clock.

*"I'll actually **wake up naturally** around eight o'clock but then I'll snooze until nine or ten."*

Snooze

To sleep lightly for a short period of time/ delay waking up.

*"I'll actually wake up naturally around eight o'clock but then I'll **snooze** until nine or ten."*

To lie in

To stay in bed (often to relax even though you're awake).

*"If fact, if I've got nothing on that day, sometimes I'll **lie in** until eleven."*

Write your answer

Do you like to wake up early in the morning?



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More useful expressions

Bright and early

Very early in the morning, often before anyone else.

*"I like to wake up **bright and early** so that I've got more time in the morning."*

Crack of dawn

Very early in the morning.

*"I often wake up at the **crack of dawn** to go for a run."*

Morning person

Someone who feels energetic and productive in the morning

*"I'm definitely a **morning person**; I get my best work done early."*

Seize the day

To make the most of the present moment

*"I love waking up early because it helps me **seize the day**."*

Groggy

Feeling drowsy and not fully awake.

*"I always feel **groggy** when I have to wake up early."*

Lethargic

Lacking energy or enthusiasm

*"If I don't get enough sleep, I feel **lethargic**, no matter what time I wake up."*

Catch up on sleep

To get extra sleep to make up for previous lack of sleep

*"I like to sleep in to **catch up on sleep** after a busy week."*

Heavy sleeper

Someone who sleeps very deeply and doesn't wake up easily.

*"I'm such a **heavy sleeper** that I can easily sleep in until noon."*



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