Sweet Dreams

Activity One: Survey. Answer the questions and ask your teacher the questions also.

1. Do you dream often?
2. Do you remember your dreams?
3. What makes you have sweet dreams?
4. What makes you have nightmares?
5. Is your bed comfortable?
6. Did you buy your bed in IKEA?
7. Do you use a quilt or sheets and blankets?
8. Did you buy your bedding in IKEA?
9. Do you wake often in the night?
10. How many hours did you sleep?

Activity Two: Analyse. Now you will do some research. Once you have found the answer to your research question you must present your findings using expressions from this list:

- **It has been proved that.**
- **It has been found that.**
- **It has been established that.**
- **Research has proved that**
- **Our findings show that**
- **This research proved that**
- **I have been able to establish that**
- **Our findings prove that**

- **The results of this research show that.**
- **Obviously**
- **Clearly**
- **What these results show is that**
- **According to our research**
- **These statistics prove that**
- **The statistics show that**

1. Do people with IKEA bedding sleep better?
2. Do people who have nightmares wake in the night?
3. Do people who have sheets and blankets dream more?
4. Do people who sleep longer remember more of their dreams?
5. Do people who have IKEA beds wake often in the night?
6. Are IKEA beds more comfortable than other beds?
7. Do people with quilts have sweeter dreams?
8. What makes most people have nightmares?

Activity Three: Let's read the two articles. Then put together some sentences using the expression from above and the information from this article.

1/

The quality of your mattress and bedding can determine the quality of your sleep. However, there is no one best mattress choice, according to Ikea.

Here are a few tips from Ikea that can help you make a good choice. Consider your height, weight, sleep position and personal preference.

A good mattress should maintain the natural curvature of the spine and keep it aligned. If it's too soft, it will cause the spine to bow, causing backaches. If it's too hard, it will create pressure points, resulting in numbness.

Hanging large mattress pads and pillow tops over a clothesline for a few hours in direct sunlight can significantly reduce bacteria and dust mites.

Proper body temperature is critical to getting a good night's sleep. A comforter that is too warm will not allow the body's temperature to drop to the levels needed to fall into a deep sleep. A comforter that does not provide enough warmth will disrupt sleep patterns by causing the sleeper to awake periodically.

The average person perspires the equivalent of two beer bottles of sweat every night. Bedding materials made of fabrics such as 100 percent cotton and lyocell help maintain a dry, comfortable sleep environment.

2/

Sweet dreams are made of flowers, according to researchers.

Scientists say tests have shown that sleeping with roses in your bedroom may provoke pleasant dreams.

During a study, the scent of the blooms was pumped under the noses of 15 sleeping women for ten seconds over 30 nights.

The volunteers were then woken up and asked to record their dreams - which proved to be more pleasant than normal.

Further analysis showed that the smells had an affect on the emotions of the dreams but did not become part of the dream, as women exposed to roses did not dream about roses.

Similar tests showed that the rancid smell of rotten eggs provoked negative feelings in their dreams.

The majority of the sleeping women who were in the Rapid Eye Movement part of their sleep said the eggs had provoked bad feelings in their dream.

The German researchers said it would be interesting to study nightmare sufferers and suggested a possible treatment of positive smells that could influence the mood of their dreams.

Activity Four: Listen to the song and fill the gaps.

Sweet dreams are made of this

Who am I to …….?

I …… the world

And the seven …….--

Everybody's looking for ……...

Some of them want to …… you

Some of them want to be …… by you

Some of them want to …….. you

Some of them want to be ……..

……. your head up, movin' on

……. your head up, movin' on

……. your head up, movin' on

……. your head up, movin' on

……. your head up, movin' on

……. on!

Activity Five – In the song the active and passive voice are both used. Here is an example of the active voice: ***to use you*** and the passive voice ***to be used***.

Let's learn more about the different voices in English.

Passive voice is used when the focus is on the action. It is not important or not known; however, who or what is performing the action. It is very common to use the passive voice in English.

For every tense in the Active Voice, there is a corresponding tense in the Passive Voice. In the Passive Voice, the verb to be acts as an auxiliary. The Passive Voice tenses of an English verb are formed from the corresponding conjugations of to be, followed by the past participle of the verb.

The structure of the passive voice is very simple:

subject + auxiliary verb (be) + main verb (past participle)

The main verb is always in its past participle form.

I am being shown the bedroom range - present continuous
I have been shown the bedroom range - present perfect
I was being shown the bedroom range - past continuous
I will be shown the bedroom range – future

Now look at the expressions again from activity two and identify which expressions use the passive voice.

Activity Six Make the following sentences passive by removing the names of the people doing the actions.

1. John has moved the new bed into his bedroom.
2. IKEA researchers have discovered a new method of protecting mattresses from dust mites.
3. IKEA marketing experts have used online games to promote their new bedroom range.
4. Janice bought all the pillowcases in stock in the range on special offer.
5. The sales assistant showed us all the beds on offer in the range.
6. My husband bought me a new duvet and matching pillowcase for my birthday.
7. My sister gave me an old IKEA bed cover.
8. The children got chocolate stains all over the white duvet cover.

Activity Seven: The passive voice is often used in formal writing or journalism. Going back to the two articles, identify as many expressions in the passive voice as you can find.

Activity Eight: How well do you know your bedroom range? Describe each of the following items or series and say what these objects are used for exactly or what is in the series.

- Meldal – Follebu- Tolga – Vinstra- Mammut – Gosa Syren - IKEA Stockholm – Ektorp – Ofelia Vass – Sova – Bodo – Svajs – Stolmen – Hensvik -