

I didn't sleep a wink last night.

Storyline: Steve doesn't seem to have enough sleep. He's been under great pressure recently.

Sydney: Steve, you look pale. What happened?

Steve: I didn't sleep a wink last night.

Sydney: Did you have something on your mind? You look so concerned! Maybe I can help you.

Steve: Well, I'm under a lot of pressure. My boss is very pushy. He assigned me three projects. Now the deadlines are near and I still haven't finished all of my projects.

Sydney: Is there anything I can do to help you?

Steve: Well, I guess no one can help me but myself. For the moment, I just need someone to talk to so that I can relieve my stress.

Vocabularies

wink- a quick closing and opening of the eyelids

concern- to engage the attention of; involve

pressure- to force, as by overpowering influence or persuasion

deadline- a time limit

relieve- to free from pain, anxiety, or distress

Expressions:

I didn't sleep a wink last night.
What happened?
I'm under a lot of pressure.

Practice:

Sydney: Steve, you look pale. What _____?

Steve: I didn't _____ a wink last night.

Sydney: Did you have something on your mind? You look so _____!
May be I can help _____.

Explain: Give your answer in sentence.

1. What is the meaning of "I didn't sleep a wink"?
2. What are the usual reasons if a person can't sleep at night?
3. What do you do if you can't sleep at night?