



I Cannot Dream!

I've tried everything but I just cannot get to sleep and that means I cannot dream. The doctors say I have a disorder called insomnia, which means I cannot get to sleep.

I haven't slept for 3 months since Christmas. My eyes don't look like eyes anymore, they look like large eggs. Let me tell you all the things I have tried so that I can enjoy a dream or two.

I've tried drinking lots and lots of warm milk before I go to bed, but that didn't work; I've tried taking a hot bath, but that just burnt my skin; I've taken sleeping tablets, but they didn't work; and I've thought about hitting myself on the head, but I haven't tried that yet as I think it might hurt!!

According to the internet and books about insomnia, there are many other things I can try. I haven't read any books that make me fall asleep yet such as books about mathematics and I haven't watched TV for 24 hours yet to see if that makes me sleepy.

A lot of my friends suggest that I need to relax more and to stop worrying about my work, my family. They recommend I go on holiday by myself and enjoy the sunshine on my face and the water between my fingers. If I do manage to dream, it will be my greatest achievement!

Comprehension Questions

- 1) What is this man's problem?
- 2) What is the name for the problem?
- 3) How long hasn't he slept for?
- 4) Name two things he has tried to do so that he can sleep
- 5) What does the internet suggest?
- 6) What do his friends recommend that he does?

Task: Choose another health problem such as giving up smoking, and take turns giving suggestions using have you and haven't.