



On Going to Sleep...

I usually go to bed around 11 in the evening.
vado a letto

I brush my teeth, put on my pajamas and then get
into bed. *mi metto a letto*

Most nights i read or watch a bit of television and then shut off my light, close
my eyes and go to sleep. *mi addormento*

It's usually quite easy for me to get to sleep. *riuscire ad addormentarmi*

I don't need any sleeping pills to put me to sleep. *farmi addormentare*

In fact, I occasionally fall asleep while reading. *mi addormento per sbaglio*

I am asleep by midnight most nights. *sono addormentata*

i sleep well at night, *dormo bene*

and rarely wake up in the middle of the night. *mi sveglio*

i dream a lot at night while I am sleeping, *sogno*

but often don't remember my dreams clearly the next morning, *sogni*

except for the nightmares, which are sometimes hard to forget! *incubi*

i have an alarm clock next to my bed which is set for 6:15. *messa per le 6:15*
and a second one, which is further away, set for 6:30.

if i forget to set my alarm I will end up oversleeping. *dormirò troppo*

i wake up when the first alarm goes off, *mi sveglio*

but I wait for the second alarm to get up, *alzarmi*

and actually get out of bed. *scendere dal letto*

I am still half asleep until i have a cup of coffee, *mezzo addormentata*

and don't feel wide awake until about noon. *completamente sveglia*

If I had more time, i would take a nap in the afternoon. *fare un sonnellino*

I love Sundays because can sleep in. *dormire fino a tardi*

Since I don't have to wake up early, non devo (per forza) svegliarmi presto

I can sleep as long as I want... posso dormire quanto voglio...:)