

**sleep****1. [sli:p] n****1. 1) сон**

sound sleep - крепкий сон

dead [deep /profound] sleep - мёртвый [глубокий] сон

light sleep - лёгкий /некрепкий/ сон

beauty sleep - ранний сон, сон до полуночи

broken sleep - сон урывками; тревожный сон

paradoxical /rapid eye movement/ sleep - парадоксальный /быстрый/ сон (со сновидениями)

a sleep of three hours - трёхчасовой сон

to sleep the sleep of the just - *шутл.* спать сном праведника

to go to sleep - заснуть

to drop off to sleep - задремать, заснуть

I could not get to sleep last night - сегодня я никак не мог уснуть

to have one's sleep out - хорошенько выспаться

I didn't lose any sleep over it - меня это нисколько не волновало

to put a child to sleep - уложить /убаюкать/ ребёнка

to put smb.'s suspicions to sleep - усыпить чьи-л. подозрения

to get some /a/ sleep - соснуть, вздремнуть

not to get enough sleep - не выспаться

he doesn't get much sleep - ему приходится мало спать

he is overcome with sleep - его одолевает сон

**2) *поэт.* вечный сон, смерть**

the last sleep - смерть

the never ending sleep, the sleep that knows no breaking /no waking/ - вечный сон, смерть

to put a cat to sleep - *эфф.* усыпить кошку

**2. *физиол.* спячка**

winter sleep - зимняя спячка

**3. онемение (*конечностей*)**

his leg has gone to sleep - у него онемела нога

**2. [sli:p] v (*slept*)****1. 1) спать**

to sleep easily - спать спокойно

to sleep a peaceful sleep - спать спокойно /спокойным сном/

to sleep like a log /like a top/ - спать мёртвым сном

to sleep the clock round - проспять двенадцать часов подряд

to sleep with one eye open - чутко спать

not to sleep a wink - глаз не сомкнуть

the bed wasn't slept in - постель не смята

the sentinel slept at his post - часовой заснул на посту

to sleep beyond one's usual time - проспять дольше обычного

he slept through a sermon [a lecture] - он проспал всю проповедь [лекцию]

to sleep oneself sober - проспаться после выпивки

to sleep rough - спать на открытом воздухе

**2) *поэт.* спать вечным сном, покоиться (в могиле)**

the land where our forefathers sleep - земля, где вечным сном спят наши предки

**2. 1) ночевать**

I shall sleep in L. tonight - сегодня я ночую в Л.

**2) *разг.* предоставлять ночлег, размещать на ночь**

we can dine and sleep you - мы можем предоставить вам стол и ночлег

this hotel sleeps 300 guests - в этом отеле могут разместиться 300 человек

**3. неметь (о *конечностях*)****4. (on, upon, over) откладывать решение (дела) до утра**

to sleep on /upon, over/ a question [a matter] - отложить решение вопроса [дела] до утра

**5. казаться неподвижным**

a top sleeps when it moves with such velocity - волчок как бы стоит на месте, когда вращается с такой скоростью

**6. 1) бездействовать****2) быть спокойным**

the blue sea was sleeping - море спало

**3) притихнуть, не проявляться**

the emotions sleep - чувства спят /дремлют/

the feuds and animosities are sleeping - распри и раздоры стихли

**7. (with) *разг.* жить, иметь любовную связь (с кем-л. ; *мж.* sleep together)**

◇ to sleep in /on/ the bed one has made - ≅ пожинать то, что посеял

to sleep on a volcano - ≅ сидеть на пороховой бочке, жить как на вулкане

**sleep**

**sleep** [sleep sleeps slept sleeping] verb, noun BrE [sli:p] <sup>Ⓜ</sup> NAmE [sli:p] <sup>Ⓜ</sup>

verb (slept, slept BrE [slept] <sup>Ⓜ</sup> ; NAmE [slept] <sup>Ⓜ</sup> )

1. **intransitive (+ adv./prep.)** to rest with your eyes closed and your mind and body not active

- to **sleep well / deeply / soundly / badly**
- I **couldn't sleep** because of the noise.
- I had to sleep on the sofa.
- He slept solidly for ten hours.
- I slept at my sister's house last night (= stayed the night there) .
- We both slept right through (= were not woken up by) the storm.
- She only sleeps for four hours a night.
- We sometimes **sleep late** at the weekends (= until late in the morning) .
- I put the sleeping baby down gently.
- What are our **sleeping arrangements here** (= where shall we sleep) ? It is more common to say that somebody **is asleep** than to say that somebody **is sleeping** . **Sleep** can only be used in the passive with a preposition such as **in** or **on**
- It was clear her bed hadn't been slept in.

2. **transitive, no passive** ~ **sb** to have enough beds for a particular number of people

- The apartment sleeps six.
- The hotel sleeps 120 guests.

**more at** live/sleep rough **at** ↑**rough** adv., not sleep a 'wink **at** ↑**wink** n.

Verb forms:

verb forms	
present simple	
I / you / we / they	sleep
	BrE /sli:p/
	NAmE /sli:p/
he / she / it	sleeps
	BrE /sli:ps/
	NAmE /sli:ps/
past simple, past participle	slept
	BrE /slept/
	NAmE /slept/
-ing form	sleeping
	BrE /'sli:piŋ/
	NAmE /'sli:piŋ/

Word Origin:

Old English slēp, slæƿ (noun), slēpan, slæƿan (verb), of Germanic origin; related to Dutch **slapen** and German **schlafen**.

Thesaurus:

**sleep** verb I

- Try not to sleep during the day.

**doze** • **nap** • |informal **snooze** • |literary **slumber** •

sleep/doze **lightly/fitfully**

Synonyms:

**sleep**

doze • nap • snooze

These words all mean to rest with your eyes closed and your mind and body not active.

**sleep** • to rest with your eyes shut and your mind and body not active: ▫ Did you sleep well? ◇ ▫ I couldn't sleep last night.

It is more usual to say that sb is **asleep** than that they are **sleeping**; but if you use an adverb to say how they are sleeping, use

**sleeping**: ▫ 'What's Ashley doing?' 'Sh! She's asleep.' ◇ ▫ The baby was sleeping peacefully. ◇ The baby was asleep peacefully.

**doze** • to sleep lightly, waking up easily, often when you are not in bed: ▫ He was dozing in front of the TV.

**nap** • to sleep for a short time, especially during the day.

**snooze** • (informal) to sleep lightly for a short time, especially during the day and usually not in bed: ▫ My brother was snoozing on the sofa.

to sleep/doze **lightly/fitfully**

to doze/snooze **gently**

Example Bank:

- Did you sleep well last night?
- He was exhausted and slept deeply.
- I couldn't sleep so I got up and went downstairs.
- I had to sleep on my back for the first few days after the accident.
- I haven't slept properly for weeks.
- I only slept for four hours that night.
- I've been having trouble sleeping lately.
- Let them sleep late on Saturday morning if they want to.
- She always slept very lightly so I had to be careful not to wake her.
- She felt as if she had hardly slept.
- She scolded him for sleeping so long.
- She slept right through the storm.
- The children were all sleeping soundly.
- Very few babies sleep through the night.
- We can at least sleep easy at night, knowing that we are safe.

- We had to have our dog put to sleep.
- We slept overnight at the beach.
- When the murderer is caught we can all sleep easier in our beds at night.
- You must be very tired. Try to sleep a little.
- You should always put babies to sleep on their backs.
- the problem of young people who sleep rough in the streets
- Be quiet— I'm trying to sleep!
- Good night, sleep tight.
- He ended up sleeping rough on the streets of London.
- He had to sleep on the sofa.
- He lay there for hours, sleeping fitfully.
- He slept soundly that night.
- Her bed hadn't been slept in.
- I slept late, and didn't hear the news till midday.
- I usually sleep like a log.
- Jody was sleeping like a baby.
- John slept deeply that night and woke up refreshed.
- Let her sleep— it'll do her good.
- No, I slept pretty badly.
- She couldn't sleep a wink.
- She hardly slept at all the following night.
- She slept at her sister's house last night.
- She slept solidly for ten hours.
- She usually sleeps lightly.
- The baby was sleeping peacefully.
- We can all sleep more easily now.

Idioms: †able to do something in your sleep ▪ †go to sleep ▪ †let sleeping dogs lie ▪ †not lose lose no sleep over something ▪ †put somebody to sleep ▪ †put something to sleep ▪ †sleep like a log ▪ †sleep tight

Derived †sleep around ▪ †sleep in ▪ †sleep on something ▪ †sleep over ▪ †sleep something off ▪ †sleep together ▪ †sleep with somebody

## noun

**1. uncountable** the natural state of rest in which your eyes are closed, your body is not active, and your mind is not conscious

- I need to **get some sleep** .
- I didn't **get much sleep** last night.
- Can you give me something to help me **get to sleep** (= start sleeping) ?
- **Go to sleep** — it's late.
- He cried out **in his sleep** .
- Anxiety can be caused by **lack of sleep** .
- His talk nearly **sent me to sleep** (= it was boring) .
- Try to go **back to sleep** .

**2. singular** a period of sleep

- Did you have a good sleep?
- Ros fell into a deep sleep.
- I'll feel better after a **good night's sleep** (= a night when I sleep well) .

**3. uncountable (informal)** the substance that sometimes forms in the corners of your eyes after you have been sleeping

- Ned rubbed the sleep from his eyes.

**more at** not get/have a wink of sleep **at** †wink <sub>n</sub>.

## Word Origin:

Old English slēp, slæp (noun), slēpan, slæpan (verb), of Germanic origin; related to Dutch [slapen](#) and German [schlafen](#).

## Example Bank:

- Don't lose sleep over it— we'll sort everything out in the morning.
- He drifted in and out of sleep all night.
- He often walks and talks in his sleep.
- He woke from a fitful sleep with a headache.
- I feigned sleep when the nurse came around.
- I feigned sleep when the ticket inspector came round.
- I immediately fell into a dead sleep.
- I snatched a few hours' sleep in the afternoon.
- I used Saturday to catch up on my sleep.
- I was in a deep sleep when the phone rang.
- I was suffering from a lack of sleep.
- I woke up early after a disturbed sleep.
- I won't get a wink of sleep with that noise downstairs.
- I'm off to bed for some much-needed sleep.
- She turned over and went back to sleep.
- Sleep came to her in snatches.

- Sleep finally overtook me.
- Sorry but I need my beauty sleep.
- The quiet music soon sent her to sleep.
- They seem to survive on only a few hours' sleep a night.
- Tom was in the front room sleeping the sleep of the dead.
- You'll feel better after a good night's sleep.
- a decreased heart rate during sleep
- the nation's most commonly prescribed sleep aid
- the use of drugs to induce sleep
- Anxiety can be caused by lack of sleep.
- Go to sleep — it's late.
- He cried out in his sleep.
- His talk nearly sent me to sleep.
- I can't get to sleep.
- I didn't get much sleep last night.
- I need to get some sleep.
- Rose fell into a deep sleep.
- Try to go back to sleep.

## sleep

Longman DOCE 5th Ed. (En-En)

I. **sleep**<sup>1</sup> **S1 W2** /sli:p/ *BrE* <sup>AmE</sup> *verb* (past tense and past participle **slept** /slept/)

[intransitive]

[Word Family: noun: ↑sleep, ↑sleeper, ↑sleepiness, ↑sleeplessness; adjective: ↑asleep, ↑sleepless, ↑sleepy; adverb: ↑sleepily, ↑sleeplessly; verb: ↑sleep]

1. to rest your mind and body, usually at night when you are lying in bed with your eyes closed ⇒ **asleep**:
  - I usually sleep on my back.
  - Did you sleep well?
  - He's lucky because at least he has somewhere to sleep.
2. **sleep rough** *British English* to sleep outdoors in uncomfortable conditions, especially because you have no money
3. **sleep on it** *spoken* to not make a decision about something important until the next day
4. **sleep tight** *spoken* said especially to children before they go to bed to say that you hope they sleep well:
  - Good night, Jenny. Sleep tight!
5. **somebody can sleep easy** used to say that someone no longer has to worry about something:
  - Unlike some other Internet sites, when you buy from us, you can sleep easy.
6. **sleep two/four/six etc** to have enough beds for a particular number of people:
  - The villa sleeps four.
7. **let sleeping dogs lie** to deliberately avoid mentioning a subject, so that you do not cause any trouble or argument
8. *literary* if a village, house etc sleeps, it is very quiet during the night

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## COLLOCATIONS

### ■ adverbs

- **sleep well** I haven't been sleeping well lately.
- **sleep badly** Eleanor slept badly that night.
- **sleep soundly/deeply** (=in a way that means you are not likely to wake) Within seconds, Maggie was sleeping soundly.
- **sleep peacefully** Celia slept peacefully beside him.
- **sleep uneasily** (=not sleep well, because you are worried) That night I slept uneasily, anxious about the meeting the next day.
- **sleep fitfully** *literary* (=sleep badly, waking up after short periods, especially because you are worried) She slept fitfully, her mind filled with images of Jack's face.
- **barely/hardly sleep** (=to not sleep well) I'd hardly slept the night before the wedding.
- **sleep late** (=not wake up until late in the morning) She had slept late; it was already eleven.

### ■ phrases

- **can't/couldn't sleep** I went to bed, but I couldn't sleep.
- **be unable to sleep** He lay down but was unable to sleep.
- **have trouble sleeping** (=to not sleep well) Why do so many elderly people have trouble sleeping?
- **sleep like a log** (also **sleep like a baby**) *informal* (=sleep very well) I was exhausted and slept like a log.
- **not sleep a wink** *informal* (=not sleep at all) I didn't sleep a wink last night.

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## THESAURUS

- **sleep** to rest your mind and body with your eyes closed. **Sleep** is usually used when talking about how long, how deeply, or where someone sleeps. When saying that someone is not awake, you use **be asleep**: Most people sleep for about eight hours. | He slept downstairs. | Did you sleep well?
- **be asleep** to be sleeping: The baby's asleep – don't wake her. | He was fast asleep (=completely asleep) by the time I got home.
- **oversleep** to sleep for longer than you intended so that you wake up late in the morning: I overslept and was late for work.
- **take a nap** (also **have a nap especially British English**) (also **have forty winks informal**) to sleep for a short time during the day: I think I'll have a nap. | She had been awake all night and was looking forward to taking a nap.
- **have/take a snooze informal** to sleep for a short time, especially in a chair, not in a bed: I think I'll have a quick snooze.
- **doze** to sleep lightly, for example in a chair, and be easily woken: I wasn't really asleep – I was just dozing. | I must have dozed off (=started sleeping) halfway through the film.

▪ **kip** *British English informal* to sleep somewhere that is not your home – a very informal use: I kipped at my mate's for a couple of days. | Is it alright if I kip on the floor?

**sleep around** *phrasal verb informal*

to have sex with a lot of different people without having a serious relationship with any of them – used to show disapproval

**sleep in** *phrasal verb informal*

to let yourself sleep later than usual in the morning:

▪ We usually sleep in on Sunday mornings.

**sleep something ↔ off** *phrasal verb informal*

to sleep until you do not feel ill any more, especially after drinking too much alcohol:

▪ He went to his room to sleep it off.

**sleep over** *phrasal verb*

to sleep at someone's house for a night – used especially by children

**sleep through** *phrasal verb*

1. **sleep through something** to sleep while something is happening and not be woken by it:

▪ How did you manage to sleep through that thunderstorm?

2. **sleep through (something)** to sleep continuously for a long time:

▪ I slept right through till lunchtime.

▪ The baby slept peacefully through the night.

**sleep together** *phrasal verb*

if people sleep together, they have sex with each other

**sleep with somebody** *phrasal verb*

to have sex with someone, especially someone you are not married to:

▪ Everybody in the office knows he's been sleeping with Kathy.

II. **sleep**<sup>2</sup> **S2 W3** *BrE* <sup>AmE</sup> *noun*

[**Word Family**: **noun**: ↑sleep, ↑sleeper, ↑sleepiness, ↑sleeplessness; **adjective**: ↑asleep, ↑sleepless, ↑sleepy; **adverb**: ↑sleepily, ↑sleeplessly; **verb**: ↑sleep]

[**Language**: Old English; **Origin**: slæp]

1. **BEING ASLEEP** [**uncountable**] the natural state of resting your mind and body, usually at night ⇒ **beauty sleep**:

▪ I didn't get much sleep last night.

▪ Her eyes were red through lack of sleep.

**in your sleep** (=while sleeping)

▪ Ed often talks in his sleep.

▪ She died peacefully in her sleep.

2. **PERIOD OF SLEEPING** [**singular**] a period when you are sleeping:

▪ I had a little sleep in the afternoon.

▪ She was woken from a deep sleep by a ring at the door.

3. **go to sleep**

a) to start sleeping:

▪ I went to sleep at 9 o'clock and woke up at 6.

b) *informal* if a part of your body goes to sleep, you cannot feel it for a short time because it has not been getting enough blood

4. **lose sleep over something** to worry about something:

▪ It's a practice game – I wouldn't lose any sleep over it.

5. **put somebody/something to sleep**

a) to give drugs to a sick animal so that it dies without too much pain – used to avoid saying the word 'kill'

b) *informal* to make someone unconscious before a medical operation by giving them drugs

6. **somebody can do something in their sleep** *informal* used to say that someone is able to do something very easily, especially because they have done it many times before:

▪ She knew the music so well she could play it in her sleep.

7. **send somebody to sleep**

a) to make someone go to sleep:

▪ The combination of warmth and music sent him to sleep.

b) if something sends someone to sleep, it is extremely boring

8. **IN YOUR EYES** [**uncountable**] *informal* a substance that forms in the corners of your eyes while you are sleeping:

▪ She rubbed the sleep from her eyes.

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**COLLOCATIONS (for Meanings 1 & 2)**

■ **verbs**

▪ **go to sleep** (=start sleeping) He turned over and went to sleep.

▪ **drift/drop off to sleep** (=start sleeping, especially without meaning to) She'd drifted off to sleep on the sofa.

▪ **get to sleep** (=succeed in starting to sleep) Last night I couldn't get to sleep.

▪ **go back/get back to sleep** (=sleep again after waking up) He shut his eyes and went back to sleep.

▪ **send somebody to sleep** (=make someone start sleeping) She hoped the music would send her to sleep.

▪ **get some sleep** (=sleep for a while) You'd better get some sleep.

▪ **have a sleep** *British English* (=sleep for a short while) Are you going to have a sleep after lunch today?

▪ **catch up on some sleep** (=sleep after not having enough sleep) I suggest you try and catch up on some sleep.

▪ **sing/rock/lull somebody to sleep** (=make someone sleep by singing etc) She was usually able to rock the baby back to sleep quite quickly.

■ **adjectives**

▪ **a long sleep** He needed a decent meal and a long sleep.

- **a little/short sleep** I always have a little sleep in the afternoon.
- **a deep/sound/heavy sleep** (=a sleep from which you cannot easily be woken) The noise woke him from a deep sleep.
- **a light sleep** (=a sleep from which you can easily be woken) I fell into a light sleep.
- **a dreamless sleep** (=in which you do not dream) She fell into a deep, dreamless sleep.
- **an exhausted sleep** (=because you were very tired) He finally woke from an exhausted sleep.
- **a fitful/restless/uneasy sleep** (=in which you keep moving or waking) My alarm woke me from a fitful sleep.

### phrases

- **a good night's sleep** (=when you sleep well) I woke up refreshed after a good night's sleep.
- **five/eight etc hours' sleep** After eight hours' sleep, I woke up in pitch blackness.
- **drift in and out of sleep** (=keep almost waking up) I lay in the garden, drifting in and out of sleep.
- **cry yourself to sleep** (=cry until you fall asleep) I used to cry myself to sleep every night.
- **fall into a deep/long etc sleep** (=start sleeping deeply, for a long time etc) He lay down on his bed and fell into a deep sleep.
- **wake/be woken from a deep/long etc sleep** A very long time later I woke from a deep sleep.

### COMMON ERRORS

- ▶ Do not say 'go sleep'. Say go to sleep.

...

### THESAURUS

- **sleep** the natural state of resting your mind and body, when your eyes are closed and you do not notice anything happening around you: I hardly got any sleep at all last night. | He woke suddenly from a deep sleep.
- **slumber/slumbers** *literary* sleep: She fell into an uneasy slumber. | He awoke from his slumbers.
- **shut-eye** *informal especially humorous* sleep: I really need to get some shut-eye.
- **doze** a period in which you sleep lightly, especially when you are not in your bed: Edward was so tired he fell into a doze on the settee.
- **snooze** *informal* a short period when you sleep lightly, especially when you are not in your bed: He decided to have a snooze on the sofa while he was waiting for the others to get ready.
- **nap** a short sleep, especially during the day: He's taking a nap. | Helen put the baby down for a nap after lunch.
- **forty winks** *informal* a short sleep, especially during the day: I'm just going to have forty winks. | I felt a lot better after I had had forty winks.

## sleep

FreQUENCY Pack

12500 **1359**<sup>MCW</sup>

15000 **691**<sup>COCA</sup>

RANGE: **1k SLEEP** 68243

sleep 37318

sleeping 15006

sleeps 1882

sleepy 2629

sleepiness 230

slept 8446

sleepless 862

sleeper 1010

sleepers 369

sleepily 276

sleeplessness 215

COCA 500k Unlemmatized

9087 **2283**<sup>18722</sup> *nn1*

8399 **3120**<sup>13404</sup> *vvi*

3625 **6944**<sup>5121</sup> *vv0*

22 **150849**<sup>27</sup> *nnu*

4 **155781**<sup>26</sup> *np1*

13 **222679**<sup>13</sup> *jj*

5 **376563**<sup>5</sup> *ii*