



VOCABULARY BANK

Lifestyle and Daily Routines

Lifestyle and Daily Routines | Bank 2: sleep, hobbies and work-life balance | Cambridge IGCSE ESL 0511

1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

| Word or phrase | New to me | I recognise it | I can use it |
|-------------------------|-----------------------|-----------------------|-----------------------|
| get enough sleep | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| lack of sleep | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| sleep pattern | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| screen-free time | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| take regular breaks | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| work-life balance | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| spend time outdoors | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| take up a hobby | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| feel refreshed | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| reduce stress | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| It improves my mood... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I would benefit from... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

| Category | Useful vocabulary |
|-----------------------|--|
| Sleep and rest | get enough sleep, lack of sleep, sleep pattern, feel refreshed, feel tired during the day, bedtime routine, screen-free time |
| Free time | take up a hobby, spend time outdoors, meet friends, do something creative, join a club, have time to relax |
| Balance and wellbeing | work-life balance, take regular breaks, reduce stress, improve my mood, avoid burnout, make time for myself |
| Opinion chunks | I would benefit from..., It improves my mood..., A healthy routine should..., I find it relaxing to..., Too much pressure can... |

3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

| Word or phrase | Meaning |
|----------------------|--|
| 1. lack of sleep | a. time spent away from phones, tablets or computers |
| 2. sleep pattern | b. a healthy mix of work, study, rest and free time |
| 3. screen-free time | c. not having enough sleep |
| 4. take up a hobby | d. stop yourself becoming extremely tired and stressed |
| 5. work-life balance | e. the usual times when someone sleeps and wakes up |
| 6. avoid burnout | f. start a new activity for enjoyment |

4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

| | | |
|---------------------|--------------------------|----------------------------|
| get enough sleep | follow a bedtime routine | have screen-free time |
| take regular breaks | spend time outdoors | take up a hobby |
| reduce stress | improve my mood | maintain a healthy balance |

- _____
- _____
- _____

5. Read in context

Read the text. The bold words are from the vocabulary bank.

Why Rest Matters

A busy routine can make students feel productive, but rest is just as important as work. Teenagers who **get enough sleep** are more likely to concentrate in lessons and feel **refreshed** during the day.

A **lack of sleep** can affect mood, memory and motivation. Some students stay up late because they are doing homework, but others lose time on their phones. Having **screen-free time** before bed can help improve a sleep pattern.

Free time also matters. Students who **take up a hobby** or **spend time outdoors** may find it easier to reduce stress. Creative activities, sport or simply meeting friends can help people feel more positive.

A healthy lifestyle is not about being perfect every day. It is about making sensible choices and protecting your **work-life balance**. When students take regular breaks and make time for themselves, they are less likely to feel exhausted.

6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

READING CHECK

1. How can enough sleep help teenagers at school?

2. Give one reason students may stay up late.

3. How can hobbies or outdoor time help students?

4. What is a healthy lifestyle about, according to the text?

VOCABULARY IN CONTEXT

What does 'screen-free time' mean in the text?

- A. Time away from digital devices
- B. Time spent watching videos
- C. A lesson about computers
- D. A phone with no battery

What is the writer's main point?

- A. Students should avoid all hobbies.
- B. Rest and balance are important for wellbeing.
- C. Sleep is only important for young children.
- D. Busy routines are always healthy.

7. Use the vocabulary

| Task | What to do |
|------------|---|
| Speaking 1 | Describe one activity that helps you relax and explain why it is useful. |
| Speaking 2 | Discuss this question: Should schools give less homework to protect students' free time? |
| Writing | Write a short paragraph explaining why sleep is important for teenagers. |
| Review | Return to the confidence table. Choose one item you want to improve and write a clear example sentence. |

8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- How many hours of sleep do teenagers need?
- What is the best way to relax after school?
- Can hobbies help students perform better at school?
- Is screen time always bad before bed?
- How can students protect their work-life balance?

**ANSWER KEY**

Lifestyle and Daily Routines

3. Match the meaning

1. c = not having enough sleep
2. e = the usual times when someone sleeps and wakes up
3. a = time spent away from phones, tablets or computers
4. f = start a new activity for enjoyment
5. b = a healthy mix of work, study, rest and free time
6. d = stop yourself becoming extremely tired and stressed

6. Check your understanding

1. It can help them concentrate in lessons and feel refreshed during the day.
2. Any one from: homework, using phones, losing time online.
3. They may help students reduce stress and feel more positive.
4. It is about making sensible choices and protecting work-life balance.

MCQ 1: A. Time away from digital devices.

MCQ 2: B. Rest and balance are important for wellbeing.