



ONE SHEEP,
TWO SHEEP...

to toss and turn

*I was **tossing and turning** all night.*



to cause
Unhealthy food can
cause diabetes.



diabetes the risk obesity

the heart disease other issues

pain

to resist diseases



***A good night
sleep helps
to resists
diseases.***

lead to mood swings

*Insomnia can **lead**
to mood swings.*



to come up with
***She's come up with* some**
amazing scheme
to double her income.



to develop better sleep habits



to make up for
***He spends hours on the
net to **make up for** real
communication.***



to have significant health
benefits

*Eating fruit and vegetables
has significant health benefits.*





COMPLAIN
ABOUT YOU
HEALTH

to get a black eye

**Robert didn't want to tell me
how he had *got a black eye.***



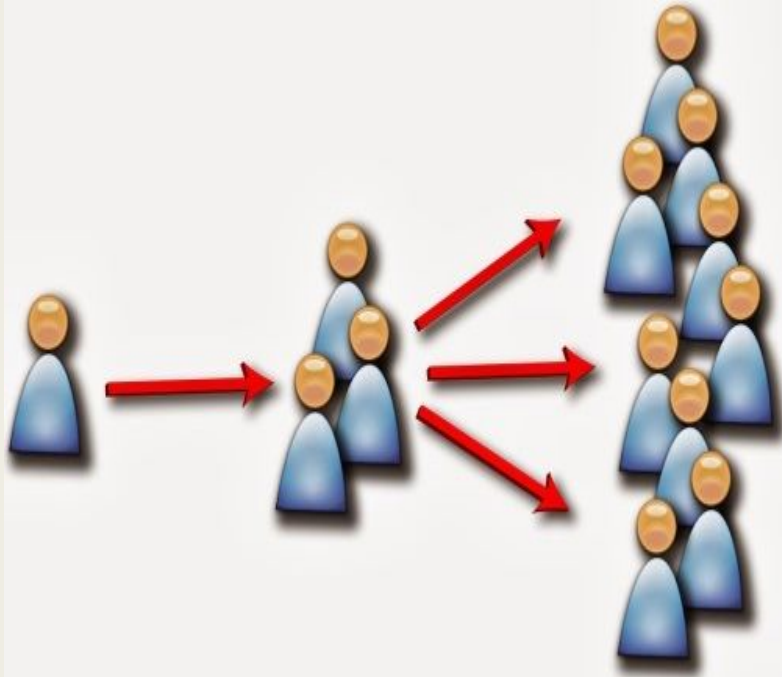
to limp

He injured his knee in the war and he's been **limping** since that time.



a contagious disease

Measles is a *contagious disease* and spreads really fast across the country.



to hurt one's arm

**She's *hurt her arm* playing
*hide and seek.***



feet are killing me

His head is killing him.

It's a hangover .



to feel dizzy

***Going without sleep for
a long time makes
me **feel dizzy*****



to twist one's ankle

***The burglar **twisted** **his**
ankle running away from
the police.***



to faint

*I nearly **fainted in**
the heat.*



= pass out

≠ come to

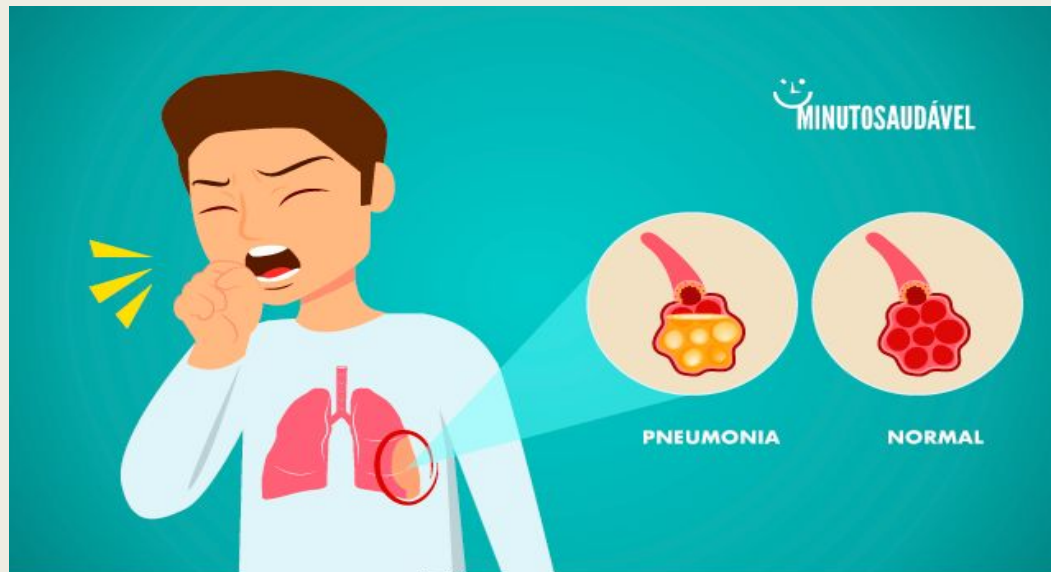
to get a fever

He's *got a slight fever.*



to get pneumonia

**Usually you
can *get pneumonia* in
winter.**



to apply some ointment

You'd better **apply some ointment to the burns.**



to get terrible blisters

You can *treat* these *blisters* at home to relieve discomfort but don't ever *break blisters*!

