

Lesson 7

READ THIS STORY #2, Advanced

Insomnia

Claudia suffers from insomnia. When she becomes very tired, Claudia crawls between the sheets. She yawns and shuts her eyes, but she can't fall asleep. Claudia inhales and exhales slowly. She starts at her toes and wills every part of her body to relax. But when Claudia changes positions, her pajamas get twisted. What a nuisance!

Claudia can't sleep. So she turns on the lamp and hunts for her glasses. She looks through the Bible and decides to peruse a passage in Exodus. It's dull and hard to read. Soon her eyes begin to cross.

She decides to make one last trip to the lavatory as a precaution. On the way back to bed, Claudia stops in the closet to pick up a blanket. She fluffs her pillow and stretches.

Suddenly, there's a squawking noise in the street. Somebody's antitheft device has gone off. Claudia is disgusted. She looks at her watch. It's 4:00 in the morning.

Claudia goes to the kitchen, drinks a glass of fruit juice, and makes a piece of toast. She dawdles at the desk and makes a list of things she must do in the morning.

It's almost dawn when Claudia again lays her auburn tresses on the pillow. She closes her eyes and sleeps.