Daily Routines

The verbs of your day, telling the time and how often, and the words of commuters, shift workers and sleep scientists, from A1 to C2.

A1–C2 · English Vocabulary, Lesson 19

get up · have a lie-in · like clockwork

My day *A1–A2*

wake up	get up
have a shower	get dressed
brush my teeth	have breakfa
go to school	go to work
catch the bus	have lunch
do my homework	watch TV
have dinner	go to bed

he / she + -s: gets up, watches, goes, has

Time and how often *A1–A2*

seven o'clock	half past seven
quarter past	quarter to
in the morning	in the evening
at night	every day
always	usually
often	sometimes
never	at the weekend

I usually get up at 7. · I'm never late.

Collocations and work *B1–B2*

do / make: do the housework, do the shopping · make the bed, make dinner

have / take / get: have a lie-in, take a nap, take a break, get ready

Phrasal verbs: sleep in, nod off, stay up, set off, get back, wind down, (an alarm) go off

Commuting: a commuter, rush hour, packed, a season ticket

Work patterns: a nine-to-five, shifts, nights, flexitime, work from home

Time: on time, in time, every other day, twice a week, around the clock

*I **set off** early to miss the **rush hour**, and on Sundays I **have a lie-in**.*

wake up = eyes open · get up = out of bed

Nuance and evidence *C1–C2*

Register: habitually, invariably, routinely, without fail, punctual, procrastinate

Describing days: hectic, leisurely, monotonous, gruelling, sedentary

The body clock: circadian rhythm, chronotype, a lark, a night owl, social jetlag

Idioms: in a rut, the daily grind, like clockwork, burn the midnight oil, call it a day, rise and shine

People: a creature of habit, an early bird

*A habit took a median of **66 days** to become automatic, not 21: the range was **18 to 254**.*

procrastinate (no object) · put off my work

Talking about your day

- *What time do you get up?*
- *At quarter past seven.*
- *How often do you do sport?*
- *Twice a week, at the weekend.*

Common mistakes

- ~~I go to the bed.~~ → I **go to bed**.
- ~~I have usually breakfast.~~ → I **usually have** breakfast.
- ~~make the homework~~ → **do** my homework
- ~~She watch TV.~~ → She **watches** TV.

Words with a past

- **shower**: Old English *scūr*, a fall of rain
- **duvet**: French for down, soft feathers
- **hectic**: Greek *hektikos*, habitual
- **circadian**: *circa* + *dies*, about a day (1959)

My new words

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