

# Prepare for {IELTS}

## Part 1 – Tiredness

What things make you tired?

Oh, numerous things such as manual work and mental tasks, but on the whole I guess I feel shattered when I haven't had any caffeine for a few hours. Like most people, I'm addicted to caffeine and if I don't get my fix then I start to feel sleepy.

**To get your fix =** To get the required or necessary amount of something, especially something you are addicted to

What do you do when you feel tired?

It depends on the time of day and what I'm doing, but I'll have a coffee and the shot of caffeine picks me up. Sometimes I have a power/cat nap if it's possible and that perks me up.

Who do you prefer to talk to when you feel mentally tired, your friends or family?

Nobody, to be perfectly honest. If I'm mentally exhausted I prefer to shut myself off from the world and recharge my batteries by chilling in front of the TV and binge-watching\* something.

**\*To binge-watch =** watch multiple episodes of (a television programme) in rapid succession, typically by means of DVDs or digital streaming

**Do you want to talk to strangers when you feel mentally tired?**

**No, not at all, absolutely not. I'm socially awkward\* at the best of times so the last thing I want to do when I'm dead on my feet\* is interact with strangers.**

**\*To be socially awkward =** to not be comfortable with social interaction

**\*To be dead on your feet =** to be really tired