



链滴

ESL - get up -1

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1. 正文听写

On a weekday, I usually get up around 6:30 AM, but I set my alarm to go off at 6:20, so that I can hit the snooze button to sleep another 10 minutes.

在工作日，我通常早上大约在 6:30 起床，但是我设置我的闹钟在 6:20 响，以便我能够按下贪睡按钮来多睡十分钟。

My roommate thinks I'm crazy, but doing this in the mornings actually helps me wake up.

我的室友认为我很疯狂，但是在早上做这个事确实能够帮助我醒来。

I'm a night owl, not an early bird like she is, so I need an extra few minutes to get going in the morning.

我是一个夜猫子，不像她是一个早起鸟，所以我在早上需要多睡额外的几分钟。

One reason it's so hard to get up is because my bedroom and my bed are so comfortable.

起床很困难的一个原因是，我的卧室和我的床太舒服了。

I splurged and bought a bed with a very soft, thick mattress.

我花了大价钱买了一个非常柔软的厚床垫。

I also have matching sheets and pillowcases and comforter that is made of goose down.

我还有配套的床单和枕套，以及用鹅绒制作的被子。

Even my nightstand matches my sheets and the rest of my bedroom.

甚至我的床头柜和我的床单以及卧室的其它部分都很搭配。

I decorated it so that it would be restful after a busy day at work.

我装饰我的卧室，以便在繁忙的工作一天之后回来能够好好休息。

When I get up, the first thing I do is put on my robe.

当我起床时，第一件事情就是穿上我的睡袍。

It's always so cold in the apartment in the mornings, no matter what time of year it is.

公寓早上总是非常冷，一年到头无论何时都是这样。

Then, I usually make my bed.

然后，我通常整理我的床。

I hated making my bed when I was little, but now it's become a routine.

当我小的时候，我讨厌整理我的床；但是现在这已经变成了一个习惯。

Sometimes, though I'm so tired that I sleep in for just a little too long, and then I don't get made.

然而有时候我太累了，以至于我睡的太久了，然后肯定就没时间去整理床了。

On those days, I wish I could sleep in all day.

在那些时候，我希望我能睡上一整天。

2. New words

Snooze: 小睡，打盹，打瞌睡

actually: 实际上，事实上

extra: adv. 特别地，非常，另外

comfortable: adj. 舒适的，舒服的

splurge: vi. 挥霍；卖弄 n. 挥霍；炫耀

thick mattress: 厚的床垫

decorate: vt. 装饰；布置；授勋给

restful : adj. 宁静的; 安静的; 给人休息的

no matter what time : 不管什么时间, 无论什么时间

become a routine : 成为一个习惯

though : adv. 可是, 虽然; 不过; 然而 conj. 虽然; 尽管 prep. 但

definitely : adv. 清楚地, 当然; 明确地, 肯定地</p></div>

<p>I'm a night owl too .On the weekday, I usually go to bed around 11:50 pm,but On the weekend,I go to bed later than weekdays, because I'm paly phone games with my friends .we are play games together and it's so interesting so that we're forget go to bed.</p></div> <p>I usually get up around 7:15 am, but I also set my alarm to go off at 7:00 , I hit the snooze button when my alarm to go off at 7:00 . I same need that the extra few minutes to helps me wake up in the mornings , but I will actually late if I continue in the bed .I think that comfortab e bed and bedroom are not reason of don't get up ,unless you're so tired.</p></div> <p>When I'm so tired, even if I sleep on the floor ,I also feel very well. if you can sleep on the hick mattress and cover the thick comforter made of goose down in winter ,you will feel so h ppiness. happiness is our pursuit . sometimes happiness is far way ,but sometimes happiness i simple , happiness is so near us ,we can easy to get it.</p></div> <p>I hate wash clothes and dishes , but I like cooking, so that I often invites my friends come my apartment ,then I cook some food for us.</p></div> <p>I splurged and bought a baby cat , It was one month old when I took away it from its mother. it's so cute ,we're like it. It has a little fear when It's in my apartment's first day ,then It's h de in my sofa under all day. we're bought a cat cage, but It hate that cage, It's always shout w en we're coop It in cage, so that I can only open its cat cage. then it's runing everywhere on t e floor. That time It can not jump onto my bed ,but now ,It was three months old, so jump on o my bed or sofa is easy for It.</p></div> <p>We're decorated its cat cage ,but It don't like that .It likes some box, no matter big box or small box, It likes all. Feed our cat is become my wife's a routine. Sometimes ,though ,she go ack is very late or she get up is late and then I'll feed our cat.</p></div> 原文链接: [ESL - get up -1](#)