

实用英语口语：用英语表达失眠的十句话 PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/466/2021\\_2022\\_\\_E5\\_AE\\_9E\\_E7\\_94\\_A8\\_E8\\_8B\\_B1\\_E8\\_c96\\_466902.htm](https://www.100test.com/kao_ti2020/466/2021_2022__E5_AE_9E_E7_94_A8_E8_8B_B1_E8_c96_466902.htm) 压力过大，过度兴奋

都有可能导致失眠。下面是十个常用、地道的表达失眠的话，牢牢记住，可以派上用场哦！

1. I couldnt fall asleep last night. 我昨晚睡不着。
2. I was awake all night. 我彻夜未眠。
3. I was up all night. 我一整晚都没睡。
4. I didnt sleep all night because I was worrying about my exams. 我因为担心考试一整晚没睡着。
5. Ive been suffering from insomnia. 我近来饱受失眠之苦。
6. I didnt close my eyes until early this morning. 我一直到凌晨才睡着。
7. I tossed and turned in bed all night. 我一整晚辗转难眠。
8. Sleeping pills somehow didnt work for me last night. 昨晚不知怎么搞的安眠药好象对我没用。
9. I was counting sheep all night. 我一整晚都在数羊。
10. I guess I drank too much coffee. I was wide-awake all night. 我想我可能是喝了太多咖啡，一整晚都很清醒。

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