

:: Summary

This post explains the different theories about the origin of the phrase “sleep tight.” Some say that the phrase came from the time when strings were tied together to support the mattress. Others say that it originated because people had to wear tight clothing to keep out the bugs. Yet another theory is that “tight” used to mean “soundly, properly, well.”

:: Exercises

Link the dots:

- | | |
|------------|------------|
| sleep • | • cama |
| tight • | • roupas |
| mattress • | • apertado |
| bed • | • dormir |
| bugs • | • colchão |
| clothes • | • noite |
| night • | • insetos |

:: Vocab words

tied	amarradas
bugs	insetos
keep out	manter fora
highly unlikely	altamente improvável

strings	cordas
well-known	famoso
proposed	proposto
throughout	por todo
ensure	assegurar