

VOCABULARY · EPISODE 04

Wake Up, Speak Up: Daily Routines in Real English

Key words & expressions · English + Español

13 words

Your English Toolbox

1 to drag yourself out of bed

arrastrarse para levantarse · obligarse a salir de la cama

DEF

to force yourself to get up when you are very tired and do not want to

The phrase captures the physical effort of leaving a warm bed — the 'drag' suggests resistance and dead weight.

ES

Obligarse a levantarse cuando estás muy cansado y no quieres hacerlo.

La frase captura el esfuerzo físico de dejar una cama cálida.

On winter mornings I have to drag myself out of bed no matter how early my alarm goes off.

On winter mornings I have to drag myself out of bed. -> Las mañanas de invierno tengo que arrastrarme para salir de la cama.

She dragged herself out of bed at six, even though she had only slept four hours.

She dragged herself out of bed at six. -> Ella se arrastró para levantarse a las seis.

2 to snooze

darle al botón de repetición · quedarse dormido un poco más

DEF

to briefly go back to sleep after an alarm sounds; to delay the alarm by pressing a button

Snoozed alarms give you 5-10 extra minutes — research shows they actually make you more tired, not less.

ES

Volver a dormirse brevemente después de que suene un despertador; retrasar la alarma.

Los despertadores con repetición dan 5-10 minutos extra — las investigaciones demuestran que en realidad te hacen sentir más cansado.

He snoozed his alarm three times before finally getting up.

He snoozed his alarm three times before finally getting up. -> Le dio al botón de repetición tres veces antes de levantarse.

Stop snoozing and get up — you have a 9 AM lecture.

Stop snoozing and get up — you have a 9 AM lecture. -> Deja de darle a la repetición y levántate — tienes clase a las 9.

3

to glance at

echar un vistazo a · ojear

DEF

to look quickly at something without studying it carefully

Glance implies speed and lightness — you get just enough information without stopping to focus. Opposite of 'stare at' or 'study'.

ES

Mirar rápidamente algo sin estudiarlo detenidamente.

Implica velocidad y ligereza — obtienes justo la información necesaria sin detenerte a enfocarte.

She glanced at her planner and saw she had three deadlines that week.

She glanced at her planner and saw she had three deadlines. -> Echó un vistazo a su agenda y vio que tenía tres plazos límite.

He glanced at his phone just long enough to check the time.

He glanced at his phone just long enough to check the time. -> Miró el móvil el tiempo justo para ver la hora.

4

to hop on

subirse a · montarse en

DEF

to quickly get onto a bus, train, or other vehicle with ease

Casual and energetic — 'hop on' suggests something light and easy, not a formal or difficult boarding. Common for short journeys.

ES

Subirse rápida y fácilmente a un autobús, tren u otro vehículo.

Casual y enérgico — sugiere algo ligero y fácil, no un abordaje formal. Común para trayectos cortos.

If you miss the bus, just hop on the next one — they come every ten minutes.

If you miss the bus, just hop on the next one. -> Si pierdes el autobús, simplemente súbete al siguiente.

I hopped on my bike and cycled to the library in five minutes.

I hopped on my bike and cycled to the library. -> Me monté en la bici y pedaleé hasta la biblioteca en cinco minutos.

5

a food coma

coma alimentario · letargo postcomida

DEF

a state of drowsiness and low energy that follows eating a large meal

Entirely informal — not a medical term — but universally understood. The image of a 'coma' humorously exaggerates how heavy and sleepy you feel.

ES

Estado de somnolencia y baja energía después de comer una comida abundante.

Completamente informal — no es un término médico — pero universalmente entendido.

After that three-course Sunday lunch, I fell into a complete food coma for two hours.

After that three-course Sunday lunch, I fell into a complete food coma. -> Después de ese almuerzo dominical de tres platos, caí en un coma alimentario total.

Avoid the food coma by eating lighter meals during the working day.

Avoid the food coma by eating lighter meals during the working day. -> Evita el coma alimentario comiendo más ligero durante el día.

6

to be swamped with**estar desbordado de · estar agobiado por**

DEF

to be overwhelmed by a very large amount of work or tasks that is hard to manage

The metaphor is water — you are sunk under so much work you can barely breathe. More vivid than 'very busy'.

ES

Estar abrumado por una gran cantidad de trabajo o tareas difíciles de manejar.

La metáfora es el agua — estás hundido bajo tanto trabajo que apenas puedes respirar.

I can't meet today — I'm completely swamped with end-of-term assignments.

I can't meet today — I'm completely swamped with assignments. -> No puedo reunirme hoy — estoy completamente desbordado de tareas.

The help desk was swamped with queries after the system crashed.

The help desk was swamped with queries after the crash. -> El servicio de ayuda se vio desbordado de consultas tras el fallo.

7

to wind down**relajarse gradualmente · ir reduciéndose**

DEF

to gradually relax and prepare for rest; to bring something to a calm conclusion

The opposite of 'ramping up' — winding down means slowing your body and mind, reducing stimulation before sleep.

ES

Relajarse gradualmente y prepararse para descansar; llevar algo a una conclusión tranquila.

Lo opuesto de 'acelerarse' — significa ralentizar tu cuerpo y mente, reducir la estimulación antes de dormir.

I always spend an hour winding down before bed — no screens, just reading.

I always spend an hour winding down before bed. -> Siempre paso una hora relajándome antes de dormir.

The party started winding down around midnight as people began heading home.

The party started winding down around midnight. -> La fiesta empezó a calmarse hacia medianoche.

8

to jot down**apuntar · anotar rápidamente**

DEF

to write something quickly and briefly, usually as a note or reminder

Jotting is quick and informal — you jot down key points, not full paragraphs. Often done on paper, in a notebook, or in a phone.

ES

Escribir algo rápida y brevemente, normalmente como nota o recordatorio.

Anotar es rápido e informal — anotas puntos clave, no párrafos completos.

She jotted down the key dates before closing her laptop.

She jotted down the key dates before closing her laptop. -> Apuntó las fechas clave antes de cerrar el portátil.

Let me just jot down your number so I don't forget it.

Let me just jot down your number so I don't forget it. -> Déjame anotar tu número para no olvidarlo.

9

the daily grind

el trajín diario · la rutina cotidiana

DEF

the routine and often tiring work or activities that fill each day

Usually said with a mild sense of acceptance or weariness — the 'grind' is the hard work of everyday life. Not necessarily negative; many people find meaning in it.

ES

El trabajo rutinario y a menudo agotador que llena cada día.

Suele decirse con un leve sentido de aceptación o cansancio — la 'molida' es el duro trabajo de la vida cotidiana.

Back to the daily grind after a week's holiday — it feels tougher every time.

Back to the daily grind after a week's holiday. -> De vuelta al trajín diario después de una semana de vacaciones.

She finds the daily grind of campus life surprisingly energising.

She finds the daily grind of campus life surprisingly energising. -> Encuentra el trajín diario de la vida en el campus sorprendentemente energizante.

10

to go off

sonar · dispararse

DEF

(of an alarm, bell, or device) to start ringing, buzzing, or making a noise automatically

Key point for learners: 'go off' for alarms means START ringing — the opposite of what the words suggest. Also used for bombs exploding and food spoiling.

ES

(Dicho de una alarma, timbre o aparato) empezar a sonar o activarse automáticamente.

Punto clave para estudiantes: 'go off' para alarmas significa EMPEZAR a sonar — lo opuesto a lo que sugieren las palabras.

My alarm went off at 6 AM but I ignored it for another twenty minutes.

My alarm went off at 6 AM but I ignored it. -> Mi alarma sonó a las 6 AM pero la ignoré.

The smoke alarm went off while she was cooking, scaring everyone in the flat.

The smoke alarm went off while she was cooking. -> La alarma de humo se disparó mientras cocinaba.

11 to squeeze something in meter con calzador · encajar en la agenda

DEF

to manage to fit an activity into a busy schedule even when there is little time

The image is physical — you're pressing something into a space that is almost full. University life requires constant squeezing in of tasks.

ES

Conseguir encajar una actividad en una agenda ocupada aunque haya poco tiempo.

La imagen es física — estás presionando algo en un espacio casi lleno.

Can we squeeze in a quick coffee between your 10 and 11 AM lectures?

Can we squeeze in a quick coffee between your 10 and 11 AM lectures? -> ¿Podemos meter un café rápido entre tus clases de las 10 y las 11?

She managed to squeeze in a 30-minute gym session before her afternoon seminar.

She managed to squeeze in a 30-minute gym session. -> Logró meter con calzador una sesión de gimnasio de 30 minutos.

12 a game-changer un cambio de juego · algo revolucionario

DEF

something or someone that fundamentally changes the situation or the way something is done

Originally from sports (a player or move that changes the game), now used broadly for products, habits, people, or ideas that transform a situation.

ES

Algo o alguien que cambia fundamentalmente la situación o la forma en que se hace algo.

Originalmente del deporte, ahora se usa ampliamente para productos, hábitos o ideas que transforman una situación.

Learning the Pomodoro Technique was a genuine game-changer for my study sessions.

Learning the Pomodoro Technique was a genuine game-changer. -> Aprender la Técnica Pomodoro fue un verdadero cambio de juego.

This podcast has been a total game-changer for my English — I understand so much more now.

This podcast has been a total game-changer for my English. -> Este podcast ha sido un cambio de juego total para mi inglés.

13 to take a break

tomarse un descanso · hacer una pausa

DEF

to stop what you are doing for a period of time to rest or do something different

Planned and strategic: research shows that taking regular short breaks improves focus and prevents burnout far more than working continuously.

ES

Dejar lo que estás haciendo durante un período de tiempo para descansar o hacer algo diferente.

Planificado y estratégico: las investigaciones muestran que los descansos regulares mejoran el enfoque.

Take a break every 45 minutes — your brain needs it.

Take a break every 45 minutes — your brain needs it. -> Tómate un descanso cada 45 minutos — tu cerebro lo necesita.

We took a ten-minute break during the lecture and everyone came back much more focused.

We took a ten-minute break and everyone came back more focused. -> Hicimos una pausa de diez minutos y todos volvieron más concentrados.