

Stop Saying “Tired”: Sleepy, Exhausted or Drained?

English learning resource · ES

Key words & expressions · English + Spanish

3 learning entries

Study task: Listen again and notice the expressions you studied.

1

sleepy

somnoliento · con sueño

DEF

Feeling ready or likely to fall asleep.

Specifically connected to sleep. You can be sleepy without having done hard physical work.

ES

Sentir que estás preparado o a punto de dormirte.

Está relacionado específicamente con la necesidad de dormir.

I feel sleepy.

Tengo sueño.

The warm room made me sleepy.

La habitación cálida me dio sueño.

2

exhausted

agotado · exhausto

DEF

Extremely tired after intense physical or mental effort.

Much stronger than tired and commonly used after demanding work, exercise or concentration.

ES

Extremadamente cansado después de un esfuerzo físico o mental intenso.

Es mucho más fuerte que tired.

I was completely exhausted.

Estaba completamente agotado.

We were exhausted after the hike.

Estábamos exhaustos después de la caminata.

3

drained

sin energía · emocionalmente agotado

DEF

Left with little or no physical, mental or emotional energy.

Often highlights emotional or mental pressure and creates the image of energy flowing away.

ES

Quedarse con poca o ninguna energía física, mental o emocional.

Suele destacar la presión emocional o mental.

The conversation left me drained.

La conversación me dejó sin energía.

I felt emotionally drained.

Me sentía emocionalmente agotado.

