

Spanish Ear Training

Bonus Lessons – Sueño

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Track 1

Feature words

cansado (a) - tired

trabajé - I worked

frontera - border

acostarme - to lie (myself) down/I go to bed

sueño - dream/sleepy

cruzar - to cross

pesadilla - nightmare

Two Spanish Words - One English Word

In English we often use the word tired to mean physically tired, worn out or run down. We also use tired to describe a sleepy state or sleepiness. In Spanish these two types of tired are distinguished clearly.

Estoy cansado(a)

I am tired (weary/worn out)

Tengo sueño

I am sleepy

Notice that the literal translation of tengo sueño is I have dream, however the figurative translation, “I am sleepy” is the real meaning it conveys.

Track 1 transcription

In Spanish to say, *I am tired*, you say
Estoy cansado.

Or, if you are a female
Estoy cansada.

Say, *I am tired*.
Estoy cansado/a.

Listen to the Spanish for, *the dream*.
El sueño

Say, *the dream*.
El sueño

In Spanish to say, I am sleepy, you say, I have dream. Can you say, *I am sleepy*?
Tengo sueño.

And to say, I am very sleepy, you say, I have a lot of dream. Say, *I'm very sleepy*.
Tengo mucho sueño.

In Spanish, if you want to say, *I am tired*, and the tiredness is in your body, you say
Estoy cansado.

So you can be tired without wanting to sleep. Maybe you've had a hard day at work or you've gone for a run.
Estoy cansado.

Do you know how to say, *I worked*?
Trabajé.

Say, *I worked a lot*.
Trabajé mucho.

Say, *I am tired*
Estoy cansado

Because
Porque

I worked a lot.
Trabajé mucho.

And put that all together. Say, *I'm tired because I worked a lot.*
Estoy cansado porque trabajé mucho.

Now if you're sleepy tired, in Spanish you would say, *I'm sleepy.*
Tengo sueño.

Say, *I'm very sleepy.*
Tengo mucho sueño.

In English we say, *I'm going to bed.*
Me voy a la cama.
but the more common expression in Spanish is to say,
I'm going to lie myself down.
Voy a acostarme.

Listen to, *to lie myself down.*
Acostarme

Say, to lie myself down.
Acostarme

Say, *I'm going to lie down.*
Voy a acostarme.

Say, *I am sleepy.*
Tengo sueño.

Say, *I'm going to lie down.*
Voy a acostarme.

Say, *I am sleepy. I'm going to lie down.*
Tengo sueño. Voy a acostarme.

Remember, literally we are saying, I'm going to lie myself down but expressively we're saying, I'm going to bed.

Say, *I'm going lie down early.*
Voy a acostarme temprano.

Say, *I'm going to lie down early tonight.*
Voy a acostarme temprano esta noche.

Say, *I'm very sleepy.*
Tengo mucho sueño.

I'm going to lie down early tonight.
Voy a acostarme temprano esta noche.

Say, I'm very tired.
Estoy muy cansado.

Say, I'm tired because I worked a lot.
Estoy cansado porque trabajé mucho.

Say, I'm tired because I worked a lot today.
Estoy cansado porque trabajé mucho hoy.

Say, dream.
Sueño

Say, the dream.
El sueño

Say, the American dream.
El sueño americano

Say, many people
Mucha gente

Go to Tijuana
Va a Tijuana

In order to
Para

Listen to, to cross.
Cruzar

Say, in order to cross.
Para cruzar

To say, the border, in Spanish, you say, the frontier.
La frontera

Say, the border.
La frontera

Say, in order to cross the border.
Para cruzar la frontera

Say, *many people*
Mucha gente

With the American dream
Con El sueño americano

Go to Tijuana
Va a Tijuana

In order to cross the border.
Para cruzar la frontera.

But many times
Pero muchas veces

The dream
El sueño

Listen to the Spanish for, nightmare.
Pesadilla

Say, nightmare.
Pesadilla

Say, the dream is a nightmare.
El sueño es una pesadilla.

Say, many people with the American dream
Mucha gente con el sueño americano

Go to Tijuana
Va a Tijuana

In order to cross the border
Para cruzar la frontera

But many times
Pero muchas veces

The dream is a nightmare.
El sueño es una pesadilla.

Track 2

Feature words

ligero - *light*

contigo – *with you* (informal)

un sueño hecho realidad – *a dream come true*

profundo – *deep*

pesado – *heavy*

Track 2 transcription

Listen to the Spanish for, *light*.

Ligero

Say, *light*.

Ligero

Say, *light sleep*.

Sueño ligero

In Spanish to say, *I am a light sleeper*, you say, I have the light sleep.

Tengo el sueño ligero.

Say, *I'm a light sleeper*.

Tengo el sueño ligero.

Listen to the Spanish for, *heavy*.

Pesado

Say, *heavy*.

Pesado

Say, *the heavy sleep*.

El sueño pesado

And just like a light sleeper, to say, *I'm a heavy sleeper*, you say, I have the heavy sleep.

Say, *I am a heavy sleeper*.

Tengo el sueño pesado.

In Spanish to say, *deep*, you say, *profund*.

Profundo

Say, *deep*.

Profundo

Say, *the deep sleep*.

El sueño profundo

How would you say, *I'm a deep sleeper*?

Tengo el sueño profundo.

Say, *it is a dream*.

Es un sueño.

Say, *it is a dream to be here*

Es un sueño estar aquí

With you all.

con ustedes.

Say, *it is a dream to be here with you all*.

Es un sueño estar aquí con ustedes.

Do you remember the “idad” category of words from Shortcut to Spanish?

How would you say, *reality*?

Realidad

In Spanish to say, *a dream come true*, you say, a dream made reality.

Un sueño hecho realidad

Say, *a dream come true*.

Un sueño hecho realidad

Say, *it is a dream come true*

Es un sueño hecho realidad

To be here with you.

Estar aquí con usted.

Say, *it is a dream come true to be here with you*.

Es un sueño hecho realidad estar aquí con usted.

Listen to the informal way of saying, *with you*.

Contigo

Say informally, *with you*.

Contigo

Now imagine you're speaking to a good friend and say, *to be here with you.*
Estar aquí contigo

Say to your good friend, *it's a dream come true*
Es un sueño hecho realidad

To be here with you.
Estar aquí contigo.

Say, *it's a dream come true to be here with you.*
Es un sueño hecho realidad estar aquí contigo.