

**NEW
EDITION**

**LEARN
SPANISH
WHILE
YOU SLEEP**

SPECIAL GUIDE TO



INFOSUCH

Learn Spanish While You Sleep

The Ultimate Stress-Free Course with Deep Sleep Sounds to Learn Spanish Easily Without Studying Boring Grammar Rules. Includes Common Phrases and Full Vocabulary!

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INTRODUCTION

If only you could learn a foreign language while sleeping...

Perhaps you can! According to one research, listening to audio while sleeping may help language learning and retention.

Everyone knows the old saying, "if it sounds too good to be true, it probably is." But what we discovered when we started looking into sleep learning astounded us. Despite the fact that the topic hasn't gained much attention from the scientific community, two recent pieces of research caught our eye.

The Case for Learning a Language While You Sleep

Research undertaken by a group of Swiss psychologists found some data that supports the validity of sleep language learning. However, there is a catch: it only works if you review the words while awake.

According to their research, evidence showed that listening to freshly learnt foreign language while sleeping can help reinforce the memory of new words.

A group of 41 participants was subjected to research in which they listened to sets of made-up phrases while sleeping. The new terms were generated to guarantee that the research participants had no prior knowledge of the words they would encounter.

After listening to new terminology connected to genuine terms at specific periods while sleeping, the research participants were put to the exam. After being presented several words from the invented languages, participants were given a series of questions. For instance, one word was defined as "key" for the study. Next, the participants would be asked if the word presented was smaller or bigger than a shoebox.

On average, the participants got the answer right 60% of the time. That's a 10% improvement over chance. While a 10% advantage may not seem revolutionary, it isn't bad given the minimal effort required.

Learning a foreign language is one of the finest career choices you can make, regardless of your chosen field. This audiobook will introduce you to a different culture and expand your career options. When applying for many job openings, having great language skills will give you an advantage. Your unique ability will set you apart from

other applicants, making them appear lazy and unmotivated in comparison. Your ability to communicate will show a potential employer that you are self-disciplined and can stay focused on a difficult goal until it is accomplished.

Keep in mind that learning a foreign language in a short period, such as 30 days, is not a trick. Instead, learning Italian, Spanish, Russian, or any other language necessitates hard work and dedication.

Basic vocabulary (vocabulario básico)

Hello and goodbye (hola y chau)

Hello - Hola

How are you? - ¿Cómo estás/está? (informal/formal speech)

I'm well - Estoy bien

Good morning - Buen día

Good afternoon/evening - Buenas tardes

Good night - Buenas noches

Bye - Chau

Goodbye - Adiós

See you later - Hasta luego

Have a nice day - Tenga un buen día

Have a good weekend! - ¡Buen fin de semana!

Take care - Cuídate

You too - Igualmente

See you - Nos vemos

Introductions (presentaciones)

What is your name? - ¿Cómo te llamas?

My name is... - Mi nombre es...

Where are you from? - ¿De dónde eres?

I'm from... - Yo soy de...

What do you do for work? - ¿En qué trabajas?

I am... - Soy...

Since when are you in...? - ¿Desde cuándo estás en...?

Do you know...? - ¿Conoces...?

When do we meet? - ¿A qué hora nos encontramos?

Do you have free time tomorrow? - ¿Tienes tiempo mañana?

Call me - Llámame

Yes and no (sí y no)

yes - sí

no - no

of course - claro

of course not - claro que no

absolutely - absolutamente

not at all - para nada

for sure - por supuesto

Politeness (cortesía)

please - por favor

thanks - gracias

I'm sorry - lo siento

excuse me - disculpe

sorry - perdón

I am sorry - lo lamento

thanks - gracias

thank you very much - muchas gracias

you are welcome - de nada

never mind - no hay por qué

it's fine - está bien

Understanding (comprensión)

I understand - Entiendo

I don't understand - No entiendo

Please, speak slowly - Por favor, hable despacio

Could you repeat that, please? - ¿Podría repetir eso, por favor?

Could you write that down, please? - ¿Podría escribir eso, por favor?

Do you speak English? - ¿Habla inglés?

Do you speak Spanish? - ¿Habla español?

NUMBERS AND DAYS

Numbers

0 • **cero** • the-ro • 'æro

1 • **uno** • uno • 'uno

2 • **dos** • dos • ðos

3 • **tres** • tres • tres

r • **cuatro** • kwa-tro • 'kwatro

5 • **cinco** • thin-ko • 'θinko

6 • **seis** • seis • 'seis

7 • **siete** • sie-te • 'sjete

8 • **ocho** • o-cho • 'otʃo

9 • **nueve** • nwe-be • 'nweβe

10 • **diez** • dieth • djeə

11 • **once** • on-the • 'onəe

12 • **doce** • do-the • 'ðoəe

13 • **trece** • tre-the • 'treəe

1r • **catorce** • ka-tor-the • ka'torəe

15 • **quince** • kin-the • kinəe

16 • **dieciséis** • die-thi-se-is • djeəi'seis

17 • **diecisiete** • die-thi-sie-te • djeəi'sjete

18 • **dieciocho** • die-thi-o-cho • djeəi'otʃo

19 • **diecinueve** • die-thi-nwe-be • djeəi'nwebe

20 • **veinte** • be-in-te • beinte

21 • **veintiuno** • be-in-ti-u-no • beinti'uno

22 • **veintidos** • be-in-ti-dos • beinti'ðos

30 • **treinta** • tre-in-ta • tre'inta

r0 • **cuarenta** • kwa-ren-ta • kwa'renta

50 • **cincuenta** • thin-kwen-ta • ɔin'kwenta
60 • sesenta • se-sen-ta • se'senta
70 • setenta • se-ten-ta • se'tenta
80 • ochenta • o-chen-ta • o'tʃenta
90 • noventa • no-ben-ta • no'βenta
100 • cien • thien • ɔjen
101 • ciento uno • thien-to u-no • ɔjento uno
200 • doscientos • **dos-thien-tos** • dos'ɔjentos
1000 • mil • mil • mil
million • millón • mi-ion • mi'ljon

Ordinal Numbers

1st • primero • pri-me-ro • pri'mero
2nd • segundo • se-gun-do • se'ɣundo
3rd • tercero • ter-the-ro • ter'ɔero
4th • cuarto • kwar-to • 'kwarto
5th • quinto • kin-to • 'kinto
6th • sexto • seks-to • 'seksto
7th • septimo • sep-ti-mo • 'septimo
8th • octavo • ok-ta-bo • ok'taβo
9th • noveno • no-be-no • no'βeno
10th • décimo • de-thi-mo • 'deɔimo
11th • onceavo • on-the-a-bo • onɛ'aβo
12th • doceavo • do-the-a-bo • doɛ'aβo
13th • treceavo • tre-the-a-bo • tree'aβo
20th • veinteavo • be-in-te-a-bo • beinte'aβo
100th • centésimo • then-te-si-mo • ɛen'tesimo
101st • centésimo-primero • then-te-simo pri-me-ro • ɛen'tesimo pri'mero
1000th • milésimo • mi-le-si-mo • mi'lesimo

Days

Week

Sunday • Domingo • do-min-go • do'mingo (m.s.)

Monday • Lunes • lu-nes • 'lunes (m.s.)

Tuesday • Martes • mar-tes • 'martes (m.s.)

Wednesday • Miércoles • mier-ko-les • 'mierkoles (m.s.)

Thursday • Jueves • hwe-bes • 'xweβes (m.s.)

Friday • Viernes • bier-nes • 'bjernes (m.s.)

Saturday • Sábado • sa-ba-do • 'saβaðo (m.s.)

Months

January • Enero • e-ne-ro • e'nero

February • Febrero • fe-bre-ro • fe'βrero

March • Marzo • mar-tho • 'marθo

April • Abril • a-bril • a'βril

May • Mayo • ma-io • 'majo

June • Junio • hu-nio • 'xunjo

July • Julio • hu-lio • 'xuljo

August • Agosto • a-gos-to • a'γosto

September • Septiembre • sep-tiem-bre • sep'tjembre

October • Octubre • ok-tu-bre • ok'tuβre

November • Noviembre • no-biem-bre • no'βjembre

December • Diciembre • di-thiem-bre • di'ejembre

Seasons

spring • Primavera • pri-ma-be-ra • prima'βera (f.s.)

summer • Verano • be-ra-no • be'rano (m.s.)

autumn • Otoño • o-to-nio • o'toɲo (m.s.)

winter • Invierno • in-bier-no • im'bjerno (m.s.)

Colours

black - negro

white - blanco

grey - gris

red - rojo

green - verde

blue - azul

yellow - amarillo

orange - naranja

purple - violeta

brown - marrón

Signs

open - abierto

closed - cerrado

entrance - entrada

exit - salida

push - empujar

pull - tirar

men - hombres

women - mujeres

occupied - ocupado

vacant - libre

Accommodation

check-in - registrarse

check-out - salida

reservation - reserva

vacant room - habitación disponible

to book - reservar

to check in - registrarse

to check out - salir/hacer checkout

to pay the bill - pagar la cuenta

to stay at a hotel - quedarse en un hotel

hotel - hotel

bed and breakfast – alojamiento y desayuno

guesthouse - casa de huéspedes

hostel - hostal

campsite - campamento

single room - habitación simple

double room - habitación doble

twin room - habitación doble con camas separadas

triple room - habitación con tres camas

suite - suite

air conditioning - aire acondicionado

toilet - baño

en-suite bathroom - baño en suite

internet access - acceso a internet

minibar - minibar

safe - caja fuerte

shower - ducha

bar - bar

parking lot - estacionamiento/aparcamiento

corridor - pasillo/corredor

fire escape - salida de incendio

games room - habitación de juegos

gym - gimnasio

laundry service - servicio de lavandería

lift - ascensor

lobby - vestíbulo

reception - recepción

restaurant - restaurante

room service - servicio a la habitación

sauna - sauna

swimming pool - piscina

manager - encargado/a

housekeeper - empleado/a de limpieza

receptionist - recepcionista

doorman - portero

fire alarm - alarma de incendios

laundry - lavandería

room key - llave de la habitación

room number - número de la habitación

wake-up call - llamada de despertador

Clothes

T-shirt- playera/camiseta

shirt - camisa

blouse - blusa

sweatshirt - sudadera

sweater - jersey/suéter

trousers - pantalones

shorts - pantalones cortos

jeans - jeans/vaqueros

suit - traje

sweat pants - pantalón de jogging

dress - vestido

skirt - falda/pollera

miniskirt - minifalda

tie - corbata

tuxedo - esmoquin

vest - chaleco

underwear - ropa interior

socks - calcetines/medias

pajamas - pijama

swimsuit - traje de baño

trunks - bañador

bikini - bikini

coat - abrigo

jacket - chaqueta/saco

poncho - poncho

flip-flops - chanclas/ojotas

sandals - sandalias

loafers- mocasines

sneakers - zapatos deportivos / zapatillas / tenis

heels - tacones/tacos

boots - botas

slippers - pantuflas

cap - gorra

hat - sombrero/gorro

hood - capucha

belt - cinturón

necklace - collar

bracelet - pulsera

watch - reloj

earrings - aretes/pendientes/aritos

ring - anillo

gloves - guantes

scarf - bufanda

sunglasses - gafas de sol / lentes de sol

DESCRIPTIVE WORDS

Acrobatic – Acrobático/a

Adorable - Adorable

Adventurous – Aventurero/a

Abashed – Avergonzado/a

Abstemious – Abstemio/a

Abrasive - Abrasivo/a

Abstruse - Abstruso/a

Academic - Académico/a

Accede - Acceder

Accident - Accidente

Acclivity - Pendiente

Acclimate - Aclimatarse

Accost - Abordar

Accretion - Aumento

Accrue - Acumular

Acerbic - Acerbo/a

Achromatic - Acromático/a

Acicular - Acicular

Acidic - Ácido/a

Acquiescent - Condescendiente

Acquisitive - Codicioso/a

Adamant - Inflexible

Adduct - Aducir

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