Clauses stating reasons and conditions

Even if **introduces a condition that does not influence the main clause.**

I sometimes lie awake at night, **even if** 'm really tired.

Considering that **introduces causes and reasons that explain the main clause.**

I'm lucky I can get by on six hours of sleep, **considering that** most people need eight.

As long as introduces a condition on which the main clause depends.

I can manage on five hours of sleep, **as long as** I take a nap during the day.

Unless **introduces something that must happen in order to avoid a consequence.**

Unless I get a good night's sleep, I can easily fall asleep at school, at work, or even on the bus.

(Just) in case **introduces an undesirable circumstance that needs to be taken into account.**

I always set two alarm clocks **(just) in case** one of them doesn't go off.

Only if or only… if **introduces a condition that must be met for the main clause to be true.**

I **only** wake up early **if** I have somewhere to be in the morning.

I wake up early **only if** I have somewhere to be in the morning.

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