

# Sleep Conversation Questions

## Warm-up Questions:

What time did you go to bed last night? How do you feel now?

## Discussion Questions:

1. Do you get enough sleep? If not, what stops you from sleeping enough?
2. How many hours of sleep should a person get each day? Does everybody need about the same amount?
3. Are you a *night owl*? If so, how late do you usually go to bed?
4. Are you a *morning person*? When do you like to wake up?
5. Do you tend to sleep through the night without waking? If not, what usually wakes you up?
6. What is your before-bed routine? Is there something you need to do in order to sleep?
7. What kind of weather and temperature is best for sleeping?
8. Do you tend to sleep on your side, back, or front? Does it matter which position a person sleeps in?
9. Can you sleep in an unfamiliar place? How about on an airplane or on a bus?
10. Have you ever slept outside? If so, explain the situation.
11. Do you eat before going to sleep? Why or why not? Have you ever eaten in bed?
12. Have you ever used medicine, tea, or something else to help you fall asleep?
13. Do you remember your dreams? If so, what kinds of things do you usually remember?
14. Have you ever woken up from a nightmare in a *cold sweat*? Can you remember what was so disturbing?
15. Do you take naps? How long should a good nap be?
16. Have you ever fallen into a *food coma*? What had you eaten?
17. Which is more comfortable: sleeping alone or sleeping with someone else?
18. What is the longest you have ever slept for? What made you sleep for that long?
19. When you have a problem, do you try to solve it before going to bed, or do you prefer to *sleep on it* until the next day?
20. Have you ever suffered from insomnia? If so, how severe was it, and how did you deal with it?
21. In your country, what do people say to someone who is about to sleep?

