

# WARMUP DISCUSSION



## Sleep

*Practice fluency in using  
the “W” words.*

*(When what where which who why)*

(Image borrowed from <https://www.health.harvard.edu/blog/strategies-to-promote-better-sleep-in-these-uncertain-times-20200327193331>)

1. Some people can get away with little sleep, i.e. 4 hours per night. How many hours is enough for you?
2. How is your mood when you had too little sleep?
3. Do you take a nap during the day? How long?
4. What is the longest time that you haven't slept?
5. Some people doze off when traveling as a passenger in a train or car. Do you also do this?
6. Do you allow your pet to sleep with you on your bed?
7. Did you have your own room when you grew up? If you shared a room with your siblings, what did you not like about it?
8. Have you ever had to share your room with other people besides your spouse? Did you get along well with your roomie(s)?
9. If you are married, what about your spouse annoys you when he or she sleeps?
10. How many pillows do you sleep on? One or two? Are they soft or hard?