

Discussion Questions

Sleep

Student A

1. How many hours of sleep do you get every night?
2. Do you sleep on a single, double, queen, or king-size bed?
3. Do you have a special pillow?
4. Do you like a soft or a hard pillow?
5. What do you do when you cannot sleep?
6. How often do you dream? Can you remember your dreams?
7. If you are married, do you share your room with your spouse?
8. Does your partner/husband/wife snore?
9. Do you like fancy sleepwear?
10. What time do you usually get up?

Student B

1. What time do you normally go to bed?
2. Do you sleep immediately when in bed or do you read or listen to music?
3. Do you sleep under a duvet, blanket, or quilt?
4. What is the color of your bedding?
5. If you have a pet, do you ever allow it to get onto your bed?
6. What is your favorite sleepwear? A t-shirt, lace, or satin pajamas?
7. What do you do when you cannot sleep?
8. How do you feel if you only sleep 2-3 hours per night? Are you grumpy the next day?
9. Do you ever sleep in the afternoons? If yes, how long?
10. Do you think it's okay if a husband and wife have their own bedrooms?