

# **SLEEP DISCUSSION**

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What comes to mind when you hear the word 'sleep'?
- 2) What does sleep mean to you?
- 3) Do you always get enough sleep?
- 4) Do you ever think sleep wastes valuable time spent doing useful things?
- 5) Why does your body need sleep?
- 6) Have you ever had any problems sleeping?
- 7) Can you sleep anywhere?
- 8) Are you a heavy or light sleeper?
- 9) What are you like if you don't get enough sleep?
- 10) Do you move about a lot in your sleep?

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# **SLEEP DISCUSSION**

STUDENT B's QUESTIONS (Do not show these to student A)

- 1) How have your sleeping patterns changed over the years?
- 2) Is it possible to sleep so much it's unhealthy?
- 3) What do you do in the minutes before you sleep?
- 4) What do you do when you can't sleep?
- 5) Do you ever talk in your sleep or sleepwalk?
- 6) Where is the strangest place you have ever slept?
- 7) Does your mind ever work overtime when you're trying to sleep?
- 8) Would you like to sleep like a baby?
- 9) Have you ever fallen asleep in an English lesson?
- 10) What songs or music would you like to fall asleep to?

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