SLEEP & DREAMS

- Find your question by rolling your die twice. The 1st roll determines the number on the top. The 2nd roll determines the number on the left.
- Talk for one / two minute(s) about that topic. Your classmates will ask you follow-up questions. Your classmates can ask you anything if you land on “Ask Any Question”.

### Questions

1. **A hard bed or a soft bed: which is better? Why?**
2. **What do you do when you have insomnia?**
3. **Is it a good idea to take naps?**
4. **Why do people sometimes have nightmares?**
5. **Why do some people oversleep?**
6. **Are you a ‘morning person’? Why? / Why not?**

### Additional Questions

1. **Do you enjoy sleeping? Why? / Why not?**
2. **Describe a dream that you had.**
3. **Why do you think people dream?**
4. **Describe your sleeping habits.**
5. **Is it a good idea to eat just before bed?**
6. **A teacher falls asleep in class: what would you do?**
7. **Do you get enough sleep?**
8. **Are you a ‘night owl’?**
9. **Are you a light sleeper?**
10. **Why is yawning sometimes impolite?**
11. **Why do some people snore?**
12. **Can dreams tell you about the future?**
13. **At what time should young kids go to sleep?**
14. **How will beds be different 1000 years from now?**
15. **How were beds different 1000 years ago?**
16. **What did people do before there were alarm clocks?**
17. **How will people do before there were alarm clocks?**
18. **What d...