

TOPICS DISCUSSION

SLEEP



Student 'A'

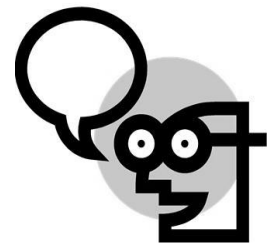
- *Discuss the questions below with your partner.*

1. What time did you go to bed last night? What time did you get up?
2. Do you enjoy sleeping? Why? / Why not?
3. How often do you take a nap?
4. Do you ever sleep too much? Why? / Why not?
5. Do you ever listen to soft music to help you fall asleep? Why? / Why not?
6. Do you ever go to bed before nine o'clock? Why? / Why not?
7. Is it ever a good idea to stay awake for 48 hours? Why? / Why not?
8. Why do children need more sleep than adults?
9. How often do you have nightmares (bad dreams)?
10. Do you ever have trouble falling asleep? Why? / Why not?



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Student 'B'

- *Discuss the questions below with your partner.*

1. How many hours of sleep do you need each night?
2. Do you enjoy waking up in the morning? Why? / Why not?
3. Do you ever fall asleep in your English class? Why? / Why not?
4. Do you ever snore?
5. Do you ever read at bedtime to help you fall asleep? Why? / Why not?
6. Do you ever go to bed after midnight? Why? / Why not?
7. How many hours a night should most people sleep?
8. In your classroom, who is usually the most tired? (guess)
9. Tell me about a dream that you had.
10. Which is better: being awake or being asleep? Why?