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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TOPICS DISCUSSION
SLEEP
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?

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