

# opinions about *sleep and dreams*

## Qs:

1. What time did you go to sleep last night? Why?
2. What time did you get up this morning? Are you tired now?



- Now, read the sentences below. Circle the numbers that best express your opinions.
- Then, compare your answers with your classmates. Give reasons.

Sleeping is fun.	1	2	3	4	5
Falling asleep is easy.	1	2	3	4	5
Everyone should take afternoon naps.	1	2	3	4	5
You should drink coffee if you feel sleepy at school or work.	1	2	3	4	5
It's impolite to yawn.	1	2	3	4	5
Watching a scary movie just before you sleep will make you have a nightmare.	1	2	3	4	5
People should go to bed early and get up early.	1	2	3	4	5
Dreams can sometimes tell us about our future.	1	2	3	4	5
If you have insomnia, you should take a sleeping pill.	1	2	3	4	5
Everyone should get eight or nine hours of sleep each night.	1	2	3	4	5
Not getting enough sleep can lower a student's grades in school.	1	2	3	4	5
A soft mattress is better than a hard mattress.	1	2	3	4	5

## POSSIBLE ANSWERS

- 5 I agree completely
- 4 I mostly agree
- 3 I'm not sure
- 2 I mostly disagree
- 1 I disagree completely

