

Topic: Sleep

Let's get started...

How many hours of sleep did you get last night? Did you take a nap today?

Background:

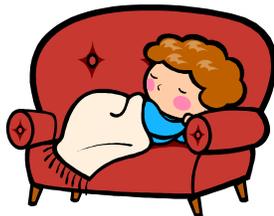
Everyone sleeps. Some scientists think that everyone needs eight hours of sleep each night, but it is very difficult for many people to sleep for eight hours! Sleep is necessary because we rest while we sleep. If we don't get enough sleep, we are tired (and sometimes cranky!) throughout the day. Children need more sleep than adults because their bodies are growing and changing.



In pairs for 5 minutes, ask and answer these questions:

Think about your sleeping habits:

- Do you prefer to go to bed early or late?
- Do you prefer to wake up early or late?
- Do you like taking naps?
- Do you like to sleep-in on the weekends?



Share your partner's answers with the group.

Discussion Questions:

In your native country, do people usually go to bed early or late? How many hours of sleep do people usually get every night?

Do you dream? What do you dream about?

Have you ever had a nightmare? Did you wake up in the middle of the night?

If you wake up in the middle of the night, can you go back to sleep easily?

Do you use an alarm clock? Do you wake up to music, the radio, or a beeping noise?

Are you a light sleeper or a heavy sleeper?

Do you prefer a fluffy pillow or a thin pillow?

Do you have any strange sleeping habits?

Do you talk in your sleep? Do you snore?

Have you ever stayed awake all night long? How did you feel?

Do you ever experience insomnia?

Do you know anyone who sleepwalks? What happens when they sleepwalk?

Have you ever overslept? What happened?

What do you like to do before bed? Do you watch TV, read, or have a snack?

What do you do if you can't go to sleep? Do you count sheep? Do you listen to music?

Have you ever slept in a sleeping bag? How did you feel?

Have you ever fallen asleep on accident? (For example, at work or during class) What happened?

Do you prefer to sleep on a soft mattress, on a hard mattress, or on the floor?

Do you drink caffeine to stay awake?

Have you ever felt tired while you were driving? What did you do?

In your native country, where do children usually sleep? Do people usually share rooms?

In your native country, what kind of clothes do people usually sleep in?

In your native country, is it common for many people to sleep together?

Do you think you get enough sleep? Do you want to get more sleep than you currently do?

How has electricity changed sleeping patterns?

What is your favorite time of day? Why?

New words and Idioms:

Nap, cranky, sleep-in, dream, nightmare, light sleeper, heavy sleeper, fluffy, snore, sleepwalk, oversleep, count sheet, sleeping bad, mattress, caffeine