

Sleep

- How many hours a day do you sleep?
- Do you think you sleep enough (or would you like to sleep more)?
- Do you usually do anything to help you have a good night's sleep?
- How many hours do you think is enough for you to sleep daily?
- How much sleep is best for people?
- Do you think studying hard helps people sleep?
- Do you agree that excessive sleep can be dangerous?
- Do you think sleep is important? (Why?/Why not?)
- Do you think it's sometimes convenient to sleep for short periods of time?
- Do you ever have a nap during the middle of the day?
- Do you think we need to sleep in the afternoon (have or take a nap)?
- Do you think elderly people need less sleep than young people?
- How do you think people can have a good sleep?
- Do you do anything before going to bed to help you sleep?
- Did you have the same sleeping habits when you were younger?
- How much sleep do you think people need every day (every night)?
- Do you think elderly people and young people need the same amount of sleep?
- Do you think babies need more sleep?
- Do you need to sleep in the middle of the day (have/take a nap)?