

Sleep Habits

Discussion Topic Pack

A warm-up, vocabulary, and graded discussion questions for talking about **Sleep Habits**.

Name _____ Class _____ Date _____ Score _____

Warm-up: Do you feel sleepy right now?

1 · Vocabulary

Word	Meaning	Example
nap	A short sleep taken during the day	<i>I usually take a short nap after lunch.</i>
tired	Feeling in need of sleep or rest	<i>She felt very tired after the long walk.</i>
awake	Not sleeping; conscious	<i>He was still awake at 10 p.m.</i>
dream	Images or thoughts that happen while sleeping	<i>Last night I had a funny dream about flying.</i>
snore	To make a loud noise while sleeping	<i>My brother tends to snore loudly.</i>
bedtime	The time when you go to bed to sleep	<i>My bedtime is usually 10 o'clock.</i>
alarm	A device that makes a sound to wake you up	<i>I set my alarm for 7 a.m.</i>
restless	Unable to stay still or relax, especially when trying to sleep	<i>He felt restless and could not fall asleep.</i>

2 · Discussion Questions

Take turns asking and answering — try to give a full answer, not just yes or no.

- 1 What time do you usually go to bed?
- 2 How many hours do you sleep each night?
- 3 Do you take a nap during the day? Why or why not?
- 4 What do you do before you go to sleep?
- 5 Do you have any habits that help you fall asleep?
- 6 Have you ever had a strange dream? Can you tell us about it?
- 7 How does not getting enough sleep affect your day?
- 8 Do you think schools should start later in the morning? Why?
- 9 What are some ways a community could help people get better sleep?
- 10 If you could change one thing about how people think about sleep, what would it be?

3 · Extension

Try this: Role-play: One student is a doctor and the other is a patient who has trouble sleeping. The doctor gives simple advice (e.g., set a regular bedtime, avoid screens before bed) and the patient asks questions.