

# International Conversation Cafe

Lifestyle Topic: Sleep, Dreams, and Nightmares

## **Sleep Habits**

*What do you usually do just before you go to bed?*

*What time do you usually go to bed?*

*What time do you usually get up?*

*What do you usually do as soon as you wake up?*

## **All Through the Night**

*Do you ever stay up all night? Why?*

*Do you usually sleep in on the weekend?*

*Are you a light sleeper or a heavy sleeper?*

*Do you snore?*

*Do you ever have insomnia?*

*What is a good cure for insomnia? What do you usually do when you have insomnia?*

## **All Through the Day**

*Do you ever take naps during the day?*

*What do you do when you are tired but you have work to do?*

*Do you drink coffee in the morning?*

## **Dreams and Nightmares**

*Describe a nightmare that you have had:*

*Describe a pleasant dream that you have had:*

*Have you ever dreamt that . . .*

*. . . you were falling?*

*. . . you were taking a test?*

*. . . you were speaking in another language?*

*. . . you found some money?*

*. . . you received a present?*

*. . . were being chased but you couldn't run?*

*. . . naked in front of other people?*

*. . . your teeth were falling out?*

*. . . you were flying? Were you in control or out of control?*

*. . . about somebody who was dead?*

Please write the meaning of the following expressions and then write a sentence using the expression:

**stay up all night:** \_\_\_\_\_

\_\_\_\_\_

**sleep in:** \_\_\_\_\_

\_\_\_\_\_

**a light sleeper:** \_\_\_\_\_

\_\_\_\_\_

**a heavy sleeper:** \_\_\_\_\_

\_\_\_\_\_

**drool:** \_\_\_\_\_

\_\_\_\_\_

**set an alarm clock:** \_\_\_\_\_

\_\_\_\_\_

**have insomnia:** \_\_\_\_\_

\_\_\_\_\_

**an early bird:** \_\_\_\_\_

\_\_\_\_\_

**a night owl:** \_\_\_\_\_

\_\_\_\_\_

**a stuffed animal:** \_\_\_\_\_

\_\_\_\_\_

**a nightmare:** \_\_\_\_\_

\_\_\_\_\_

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