

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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