

SLEEP

DISCUSSION QUESTIONS



A2

1. How many hours do you sleep at night?
2. What time do you go to bed?
3. Do you have a bedtime routine? What is it?
4. What do you need to sleep well?
5. Do you have a favorite pillow or blanket?
6. Is your bedroom quiet at night?
7. What do you wear to sleep?
8. Do you read before sleeping?
9. How do you feel if you don't get enough sleep?
10. Can you sleep with the lights on?

B1

1. Discuss the benefits of a good night's sleep.
2. How does exercise affect sleep?
3. What are some common sleep problems?
4. How can you make your bedroom better for sleeping?
5. Why is it important to have a sleep schedule?
6. How does using screens before bed affect sleep?
7. What do you do when you can't fall asleep?
8. How does the food you eat affect your sleep?
9. What is a dream? Do you remember yours?
10. How does stress affect sleep?

B2

1. Analyze the impact of caffeine on sleep quality.
2. Discuss the role of sleep in memory and learning.
3. Evaluate the effects of napping on daytime energy levels.
4. How do sleep patterns change with age?
5. Discuss strategies to cope with jet lag.
6. Evaluate the relationship between sleep and mental health.
7. How does the environment influence sleep quality?
8. Discuss the concept of sleep hygiene.
9. How can technology help or hinder sleep?
10. Analyze the effects of sleep deprivation on physical health.

C1

1. Critique the societal attitudes towards sleep and productivity.
2. Discuss the implications of long-term sleep medication use.
3. Evaluate the effectiveness of natural sleep aids.
4. Analyze the psychological effects of chronic insomnia.
5. Discuss the impact of shift work on circadian rhythms.
6. Evaluate the potential benefits and drawbacks of polyphasic sleep.
7. How does sleep contribute to overall well-being?
8. Discuss the challenges of diagnosing and treating sleep disorders.
9. Analyze the role of genetics in sleep patterns and needs.
10. Evaluate the impact of modern lifestyle choices on sleep quality.

C2

1. Debate the need for sleep in the digital age.
2. Explore the ethical considerations of using technology to enhance sleep.
3. Critically assess the cultural differences in sleep practices.
4. Investigate the long-term societal effects of widespread sleep deprivation.
5. Debate the potential of sleep science to revolutionize health care.
6. Explore the relationship between sleep and consciousness.
7. Analyze the impact of globalisation on sleep patterns.
8. Critically evaluate the concept of sleep as a luxury in contemporary society.
9. Investigate the role of sleep in creativity and problem-solving.
10. Debate the feasibility and ethics of manipulating sleep for performance enhancement.