

Sleep Conversation Example Questions

What does it feel like to be well rested?

Can you remember a time when you didn't get enough sleep? What did that feel like?

Do you remember your dreams? If so, ask about specifics.

Why is sleep important?

Does it affect your energy level when you don't get enough sleep?

Does it affect your ability to think when you don't get enough sleep?

Do you think it is better to play a video game or read a book before bed? Explain why.