

ESL Conversation Club: Sleep

Warm-up:

Head, shoulders, knees, and toes, knees and toes.
Head, shoulders, knees, and toes, knees and toes.
And eyes and ears and mouth and nose.
Head, shoulders, knees, and toes, knees and toes.

Warm-up:

A happy hippo hopped and hiccupped

Conversation Questions in Groups of 2 People:

- How many hours of sleep do you usually get each night?
- Do you have a bedtime routine? What do you do before going to bed?
- What helps you fall asleep faster when you're having trouble sleeping?
- Do you prefer sleeping with the lights on or off? Why?
- Do you remember your dreams when you wake up? Can you share one of your dreams?
- What do you do if you wake up in the middle of the night and can't go back to sleep?
- How do you feel when you have a good night's sleep versus a night of poor sleep?
- Do you like taking naps during the day? How long do your naps usually last?
- Have you ever experienced a sleepover with friends? How was the experience?
- Do you have a favorite bedtime story or lullaby from your childhood?

- How do you feel about sleeping in complete silence versus with some background noise?
- Do you think it's important to have a consistent sleep schedule? Why or why not?
- What is the most comfortable sleeping position for you? (e.g., on your back, side, or stomach)
- Have you ever fallen asleep in a funny or unexpected place? Where was it?
- How do you feel if you don't get enough sleep for a few days in a row?
- What is the ideal room temperature for you to sleep comfortably?
- Do you believe in the power of a power nap to recharge during the day?
- How do you cope with jet lag or time zone changes when traveling?



Vocabulary to Practice

- Sleep: Noun - The natural state of rest in which the body and mind are inactive, usually occurring at night. Example: "A good night's sleep is essential for overall well-being."
- Bedtime: Noun - The time when one goes to bed to sleep at night. Example: "My bedtime is usually around 10 o'clock."
- Rest: Noun - A period of relaxing, sleeping, or taking a break from activity. Example: "He needs to get some rest after a long day at work."
- Nap: Noun - A short period of sleep, often taken during the day. Example: "She likes to take a short nap after lunch to recharge."
- Insomnia: Noun - A condition in which a person has difficulty falling asleep or staying asleep. Example: "Stress and anxiety can sometimes lead to insomnia."
- Dream: Noun - A series of thoughts, images, or emotions that occur in the mind during sleep. Example: "Last night, I had a strange and vivid dream."
- Sleepover: Noun - An occasion where one or more people sleep at someone else's house, often as part of a social gathering. Example: "The kids had a sleepover at their friend's house over the weekend."
- Pillow: Noun - A cushion used to support the head during sleep, usually placed on a bed. Example: "She fluffed her pillow before lying down to sleep."
- Snore: Verb - To produce a harsh, noisy sound while sleeping, often due to obstructed breathing. Example: "He tends to snore loudly, especially when he's tired."
- Yawn: Verb - To open one's mouth wide and breathe in deeply, often as a sign of tiredness or boredom. Example: "I couldn't stop yawning during the long meeting."
- Blanket: Noun - A large piece of fabric used to cover oneself and stay warm during sleep. Example: "She pulled the blanket over herself to keep cozy."
- Drowsy: Adjective - Feeling sleepy or lethargic. Example: "The warm weather made her feel drowsy in the afternoon."

