

# Sleeping

I'm going to describe a situation to you. A university student is doing a project about sleeping. I am the university student now. Please answer my questions.

## Questions

1. What time do you go to bed?
2. What do you think is the best time to go to bed?
3. What do you do before you go to bed?
4. What did people do before going to bed 100 years ago?
5. How many hours do you sleep a day?
6. Can you describe your bedroom?
7. What types of devices are there in your bedroom?
8. How often do you dream at night?
9. What did you last dream about?
10. What shouldn't you eat before going to bed?



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