

# English ESL Short Conversation

## SLEEP, DREAMS AND NIGHTMARES



What time do you usually go to bed?

What time do you usually get up?

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 drool in your sleep?

Do you use an alarm clock? What time is it set for?

Who usually wakes you up in the morning?

Do you ever have insomnia?

What is a good cure for insomnia? What do you usually do when you have insomnia?

What do you usually do just before you go to bed?

What do you usually do as soon as you wake up?

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?

Are you an early bird or a night owl?

When you were young did you sleep with a stuffed animal?

When you were young did you sleep in the same bed as your parents?

Describe your bed:

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?

# VOCABULARY FOR SLEEP, DREAMS AND NIGHTMARES

Write the meaning of the following expressions and then write a sentence using the expression:

*stay up all night:*

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*sleep in :*

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*a light sleeper :*

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***a heavy sleeper:***

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***drool:***

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***set an alarm clock:***

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***have insomnia:***

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***an early bird :***

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***a night owl :***

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***a stuffed animal :***

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***a nightmare:***

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