

#### Conversation Questions:

1. Are you a light sleeper or do you sleep like a log?
2. How long does it take you to recharge your batteries after a difficult week at work?
3. What time do you usually hit the hay?
4. Do you make sure to get your beauty sleep?
5. Do you sometimes toss and turn at night?
6. What would keep you wide awake at night?
7. Can a cap nap restore your energy for some time?
8. Are you able to get a shuteye on a bus or subway?
9. People of which professions would be up at the crack of dawn?
10. Why couldn't David sleep a wink the night before Christmas?