**QUESTIONNAIRE**: Let´s find out more about your sleep habits?

IN PAIRS, ASK YOU PARTNER THE FOLLOWING QUESTIONS **3 minutes**

1. How long does it usually take you to fall asleep at night?

2. How many hours do you usually sleep?

3. Did you use to sleep more or less than now ?

4. Do you usually sleep with a comforter or blankets? How many pillows do you have?

5 Did you use to have nightmares as a child?

6. Do you snore ?

REPORT BACK TO THE CLASS **3 minutes**

**Example: He usually takes 10 minutes to fall asleep at night, He usually sleeps 6 hours. He used to sleep more than now. He usually sleeps with a blanket. He has 2 pillows. He didn´t use to have nightmares as a child and he doesn´t snore.**