

Beginner Chat Room  
2:10–2:50 p.m., October 14th and 16th, 2025

Theme: Sleep

テーマ：睡眠

Self-introductions for new participants:

- What is your name?
- Where are you from?
- What do/did you do for work (job title, raised children, etc.)?
- What do you like to do for fun?

初めての方の自己紹介：

- 名前：My name is...
- 出身：I am from...
- 職業あるいは主婦：I am a.../I do...for a living./I work for...
- 趣味あるいは好きな活動：I.../I like to...

Questions:

1. How many hours do you usually sleep?
2. When do you go to bed? When do you wake up? Do you usually sleep well?
3. Do you get more or less sleep now than before?
4. Do you take naps?
5. Are you a morning person or a night person?
6. Have you ever fallen asleep in class? What happened?
7. How do you wake yourself up when you haven't slept enough?
8. What do you do before going to sleep?

質問：

1. 普段は何時間寝ていますか。（例：I usually sleep for around seven hours.）
2. 何時に寝ますか。何時に起きますか。よく寝れますか。（例：I usually go to sleep at 10:00 and wake up at 6:00. I don't usually sleep well.）
3. 昔と比べて睡眠の量が少なくなっていますか。多くなっていますか。（例：I sleep less now than I did as a child.）
4. 昼寝はしますか。（例：I don't take naps because I can't sleep when the sun is up.）
5. 朝型ですか。夜型ですか。（例：I'm a morning person.）
6. 授業中に寝てしまったことはありますか。どうなりましたか。（例：I've almost fallen asleep multiple times, but I've never been caught.）
7. 睡眠が足りないときはどうやって目を覚ましますか。（例：I exercise.）
8. 寝る前に何をしますか。（例：I take my socks off and cool off my feet before going to sleep.）