

Regular Chat Room
October 14th and 16th, 2025
Theme: Sleep (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?

Questions:

1. Do you feel like you get enough sleep?
 - a. How many hours of sleep do you usually get?
 - b. If not, why not?
 - i. Do you want to get more sleep?
 - ii. How do you think you could get more sleep?
 - c. Do you get more or less sleep than you used to?
 - d. Do you ever get too much sleep?
2. Do you think sleep wastes time that could be spent doing other things?
 - a. Do you ever wish you needed less sleep? Why?
3. Do you ever take naps during the day?
 - a. Do you feel rested afterwards?
4. Are you a heavy or light sleeper?
 - a. Have you ever slept through your alarm? What happened?
5. Are you a morning person or a night person?
6. Have you ever sleepwalked?
 - a. Did you do anything unusual while sleepwalking?
 - b. Do you talk in your sleep?
7. How do you feel if you don't get enough sleep?
8. Do you have a pre-sleep routine?
 - a. Is there anything that helps you get to sleep?
 - b. What do you do when you can't sleep?
9. Have you ever fallen asleep in class?
 - a. What happened?
10. What is the funniest dream you've ever had?