

Sleep

How many hours do you usually sleep each night?

At what times do you typically go to bed and wake up?

Are you more inclined to describe yourself as a 'night owl' or an 'early worm'?

Do you like to get up early or sleep in?

How often do you get a chance to sleep in?

Do you enjoy staying up late at night?

Do you often stay up until after midnight?

Do you agree most adults need eight hours of sleep to be fully rested?

How often do you suffer from a lack of sleep?

How do you feel when you have a lack of sleep?

Have you ever experienced insomnia?

Do you usually dream when you sleep?