

# Good Sleep

Fudooka English Discussion report by TakaOkado

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It is commonly believed that everybody should get at least eight hours of sleep a day. But most people are very busy. And they do not have time to sleep a lot. Some people even say that "Eight hours of sleep a day is just a waste of time!"

When I was young, I thought so too. I wanted to have fun, I wanted to study, I wanted to read books and watch TV. I cut sleep time for what I wanted to do.

By the way, did you have a good sleep last night? We feel refreshed after a good sleep. We know that quality is more important than quantity about sleep.

If you get the highest quality sleep, you may feel okay with four or five hours of sleep per day.

Let's share the way to good sleep together!

## Discussion Questions:

1. Do you like to sleep in a bed or a futon? How many hours do you sleep every day? And is this enough for you?
2. Please introduce an interesting dream that you had recently or dreams you have frequently.
3. Do you fall asleep easily?  
And do you need an alarm clock to get up in the morning?
4. Let's share our tips on how to fall asleep immediately.
5. Let's share our tips to get up quickly.
6. Let's share our tips to improve the quality of sleep.



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