**Questions**

* How many of hours sleep do you generally need per night?
* What time do you usually go to bed?
* What time do you usually wake up?
* Do you manage to sleep as much as you need? If not, why not?
* Have you ever suffered from insomnia?
* Do you suffer from insomnia? Are you a light sleeper or a heavy sleeper?
* What keeps you awake at night? (e.g. worrying too much about stuff, too much coffee, your partner's snoring, your neighbors' parties, an uncomfortable bed, a hot summer)
* Do you use, or have you ever used, any special methods that help you get to sleep?
	+ A strong nightcap?
	+ Sleeping pills?
	+ Herbal remedies?
	+ Counting sheep?
	+ Meditation?
* Do you snore?
* Do you talk in your sleep?
* Do you ever oversleep?
* Do you need an alarm clock to wake up?
* Do you ever sleep in? (Sleep late in the morning)
* Do you fall asleep while watching the TV or reading?
* Do you have a nap at lunchtime or at another time of the day? Does it help?
* What do you wear in bed? (I hope this question's not too personal!)
* Do you have a duvet, or do you prefer sheets and a blanket? How big is your bed?
* Do you remember your dreams?
* Do you have a recurring dreams?
* Tell us about a memorable, enjoyable, or strange dream you've had?
* Do you suffer from nightmares? Can you remember any specific nightmare?
* Do you believe that it's possible to interpret dreams? Have you ever tried to interpret your own dreams?
* Have you ever walked in your sleep? Do you know anyone who does?