

## Reading Group Questions for *Sleepless*

- What would you say are the main themes of this book? What are the ideas the author wishes you to consider?
- Thea is described as an extreme night owl, someone who naturally goes to bed late and wakes up later in the morning. What do you think are the advantages and disadvantages of being a night owl in today's society?
- Think of how Rosie is described in Chapter Eleven. How is her individuality shown?
- Delilah says of Moses, "He couldn't have done it without me. The great genius Moses Ing. But who spent hours reading all the data, hmm? Me. Spreadsheets, funding, even finding Ted – all me. Not the glamorous stuff, I'll admit. Eternal female problem – we do all the legwork and get none of the glory." What does she mean? Do you agree with her that this is a female problem in particular?
- Why is Thea repeatedly called a "little white-crowned sparrow"?
- On the island a decaying monastery looms over the shiny new Sleep Centre. How does this contrast of old and new add to the themes and ideas behind the story?
- What does Delia mean when she says, "Everything's so much more... knotty these days. But we still need to scream about things, if that's what you mean. It's the only way to get heard. Problem is, everyone's doing so much screaming, it's hard to listen to it all." Do you agree with her?
- Do you agree with Moses that, "The ship for data privacy has sailed. We all waved it off years ago." How do we give away our privacy in the technology that we use?
- At the end the barefoot man has "discovered that governments were hardly worthy adversaries because they couldn't keep up with the pace of this change and didn't understand its scope. Even when they did, legislation then worked so slowly they were destined to lose the battle before they'd even realised they were in it." Do you think governments have enough control over technology companies like Facebook and Amazon? Why?

- Towards the end of the book when Thea considers Rory she thinks how “She wanted to tell him about the hollow trees she had seen that time in a documentary, how the dark spaces can be filled with a fierce burning light...” What does she mean? And what does this mean for her and Rory?
- How would you say the character of Thea progresses or changes during the book?
- Delilah – villain, unknowing pawn of the larger company Aspire, or desperate girlfriend trying to look after Moses? Which one do you think she is?
- Thea’s hallucinations seem odd but are rooted in what is going on around her. Pick one of them. What details in it link to the actual events of the book?

Further reading

*Why We Sleep* by Matthew Walker

*The Nocturnal Brain* by Guy Leschziner

Or perhaps learn a little about Morpheus in Greek mythology