

Book club questions for *While You Sleep*

- Zoe has been through a tremendous ordeal in her recent past. How do you think you would react in a similar situation? Do you sympathise with Zoe's desire to be alone, or would you prefer to surround yourself with other people?
- After the first night in the McBride house, it's clear that something is not quite right. In Zoe's position, would you stay, or would you go?
- The islanders are a very close-knit community. How do you think this plays into the story, and how does it affect Zoe's experiences on the island?
- In the past, Ailsa was stigmatised for having a baby with a man other than her husband. How much do you think this affected what happened? How different do you think it would have been if this were to happen today?
- Which part of the story scared you most, and why do you think this is? At the end, is it something that can be explained, or is it still unanswered?

- How does the novel deal with grief? Do you empathise with Zoe right the way through?
- Zoe's erotic dreams puncture the narrative – how do you think this affects the atmosphere of the book?
- Even at the end there are question marks over how much Zoe has experienced is real, and how much is supernatural. What do you think? Who do you believe Charles really is? Who do you think is the father of Zoe's baby?
- Have you ever experienced anything which you believe could have been supernatural? If so, how did you react at the time, and how did your view of it change over time?
- What do you think the future holds for Zoe and Dan?