

World Sleep Day

March 17, 2017 • Sleep Soundly, Nurture Life

Name:

Email:

1. How much sleep do adults need each night, according to the National Sleep Foundation?
2. How much sleep do infants aged 3-6 months need each night?
3. True or false: During sleep, your brain rests
 - True
 - False
4. Which of the following is known as the sleep hormone?
 - Dopamine
 - Serotonin
 - Melatonin
 - Oxytocin
5. True or false: Sleep disorders are mainly due to worry or psychological problems
 - True
 - False
6. Humans need to spend up to _____ of their lives asleep?
 - One fifth
 - One third
 - One half



World Sleep Day 2017 Quiz

7. True or false: Sleeping just one hour less per night can prevent you from learning or functioning normally

- True
- False

8. Which of the following foods could affect sleep if eaten close to bedtime?

- Fruit salad
- Chocolate ice cream
- Fried chicken
- Tomato sauce
- Chips and salsa
- All of the above



9. True or false: The human body never adjusts to nightshift work

- True
- False

10. What is sleep apnea?

- When you breathe out your nose during sleep
- When you have seizures during your sleep
- When you move around in your sleep so much that it results in falling or injury
- When you stop breathing or take very shallow breaths during sleep

11. True or False: Alcohol makes you sleep longer and deeper

- True
- False



12. Is your body temperature higher or lower during sleep?

- Higher
- Lower
- It stays the same

13. True or false: Boredom makes you feel sleepy even if you have had enough rest

- True
- False

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14. What are circadian rhythms?

- The patterns of vibrations throughout the brain during sleeping
- The chirping rhythms that crickets make at night
- Changes in your heartbeat during different stages of sleep
- Changes in the body over a 24-hour period, controlled by our internal biological clock

15. True or false: You can make up for lost sleep in the weekend

- True
- False

16. Sleep loss can cause which of the following?

- Impaired driving
- Irritability
- Poor decision making
- All of the above



17. True or false: Most sleep disorders go away without treatment

- True
- False

18. How many different stages of sleep are there in a normal sleep cycle?

- One
- Five
- Twelve
- Twenty-four

19. True or false: Resting in bed with your eyes closed cannot satisfy your body's need for sleep

- True
- False



20. What does REM stand for in the REM sleep stage?

- Rapid eye movement
- Resting endocrine motility
- Rapid external motion
- Resting eye movement

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21. At which stage of sleep does most dreaming occur?
- Stages 3 and 4 (deep sleep)
 - Stage 2 (sleep onset)
 - REM sleep
 - No single stage
22. True or false: Snoring is not harmful as long as it doesn't disturb others
- True
 - False
23. Insufficient sleep and insomnia are more common in...
- Women
 - Men
 - Neither
- 
24. True or false: Everybody dreams every night
- True
 - False
25. What is sleep paralysis?
- When you feel physical sensations (like falling or getting stabbed) during a nightmare
 - When you go into deep sleep with your eyes partially opened
 - When your body stays in deep sleep for too long and you stay sleeping for twice as long as normal
 - When your brain wakes up before your muscles and body wake up
26. True or false: No matter how sleepy you are, you can force yourself to stay awake
- True
 - False
27. True or false: If you are sleepy, raising the volume on your radio is a great way to stay awake while driving
- True
 - False

Score: