

SLEEP QUIZZZZZ

BENEFITS OF SLEEP

1. *True or False?*

Getting quality sleep, and enough of it, can help you lose weight

2. *Which of the items below is NOT one of the documented benefits of sleep?*

- A. Improves memory
- B. Lowers risk of depression
- C. Reduces grey hairs
- D. Increases hand-eye coordination

3. *Which of the items below IS one of the documented benefits of sleep?*

- A. Increases your extra-sensory perception
- B. Strengthens the immune system
- C. Reduces your allergic reactions

RISKS OF POOR SLEEP

4. *True or False?*

Moral judgment is impaired when you don't get enough (or quality) sleep

5. *Which of the items below is NOT one of the risks of sleep deprivation?*

- A. Diabetes
- B. Heart attack
- C. Increased stress
- D. Increased sex drive

6. *Which of the items below IS one of the risks of sleep deprivation?*

- A. Depression
- B. Improved judgment
- C. Smoother skin

POSITIVE AND NEGATIVE SLEEP BEHAVIORS

7. *True or False?*

As long as you get enough sleep, you can go to bed at any hour

8. *Which of the items below NOT a positive sleep behavior?*

- A. Exercise right before bedtime
- B. Meditation right before bedtime
- C. Breathing exercises right before bedtime
- D. Visualizations right before bedtime

9. Which of the items below IS a positive sleep behavior?

- A. Avoid using a pillow
- B. Stop using an alarm
- C. Keep your bedroom cool (low temperature)

10. True or False?

Using my cell phone (texting, Facebook, apps, Netflix, etc.) at night has no impact on my sleep quality

11. Which of the items below NOT a negative sleep behavior?

- A. Caffeine in the evening
- B. Big meal before bed
- C. Watching TV before bed
- D. Turning down lights 90 minutes before bedtime

12. Which of the items below IS a negative sleep behavior?

- A. Staying in bed even if you are having trouble falling asleep
- B. Having a regular bedtime routine
- C. Using light to help you wake up

Answers: 1 True, 2 C, 3 B, 4 True, 5 D, 6 A, 7 False, 8 A, 9 C, 10 False, 11 D, 12 A