# Are you a SLEEPY-HEAD or NIGHT OWL?

Choose TRUE or FALSE. Then add up your points. Look at the key.

| | | | |
|---|---|---|---|
| 1- | I yawn as soon as someone else yawns. | TRUE (2) | FALSE (1) |
| 2- | I always feel sleepy after school. | TRUE (2) | FALSE (1) |
| 3- | I hate getting up, I lie in bed for hours on weekends | TRUE (2) | FALSE (1) |
| 4- | I feel asleep as soon as my head touches the pillow. | TRUE (2) | FALSE (1) |
| 5- | I sometimes lie awake at night. | TRUE (1) | FALSE (2) |
| 6- | I wake up early on the weekend. | TRUE (1) | FALSE (2) |
| 7- | I snore a lot. I'm heavy sleeper. | TRUE (2) | FALSE (1) |
| 8- | I have dreams about sleeping! | TRUE (2) | FALSE (1) |
| 9- | After I have a nightmare I just turn over and go back to sleep. | TRUE (2) | FALSE (1) |

KEY

9 -12: you're happier awake than asleep. That's OK but remember you need to sleep to stay healthy.

13 -16: you like a good night's sleep. But you can get out of bed when you need to.

16- 18: you're a real sleepy-head! Nothing will get out of bed.