

Name : \_\_\_\_\_

Subject : Health Education

1. Why do you sleep?
  - a. My body needs to rest and relax
  - b. My mom asks me to sleep
2. How much sleep do you need?
  - a. Along day
  - b. 8 hours
3. What happen if you don' t sleep?
  - a. My body will be healthy
  - b. My body will be tired and irritable

**Are you getting enough sleep? - Quiz**

|                                                                            |     |    |
|----------------------------------------------------------------------------|-----|----|
| Do you feel too tired in the morning and want to stay in bed?              | yes | no |
| Do you yawn a lot?                                                         | yes | no |
| Are you irritable or bad tempered when you get up?                         | yes | no |
| Do you find it hard to concentrate on what you are doing?                  | yes | no |
| Do you make mistakes in really easy work?                                  | yes | no |
| Does it take you ages to learn anything new?                               | yes | no |
| Do you try to get out of physical exercise because you don't feel like it? | yes | no |
| Do you want to sleep during the day?                                       | yes | no |
| Do you spend lots of time daydreaming?                                     | yes | no |