



Name:

Class:

### Sleep Quiz

Decide if the statements are true T or false F.



T/F You should avoid drinking beverages with caffeine before bedtime.

T/F Nicotine and sugar intake has little impact on your ability to fall asleep.

T/F You should try to fall asleep and wake up at the same time every day, even on weekends and holidays.

T/F A comfortable mattress and pillow may help your ability to sleep well.

T/F It is recommended to take a nap between 30-90 minutes daily after 5:00 PM.

T/F "Screen time" (watching TV, using a computer/iPad or other light emitting device) has little effect on how quickly you might be able to fall asleep.

T/F Daily physical activity increases your ability to sleep better.

T/F Going to bed hungry will help you sleep well.

T/F You should contact your doctor if you are having trouble falling asleep or staying asleep at night for more than one week.

T/F How you sleep has little impact on how you drive the following day.

T/F If you are unable to fall asleep within 15-20 minutes of laying down, you should get up and do something relaxing until you feel tired again.

T/F It is a good idea to participate in an activity that is mentally exhausting before going to bed.

BONUS: How many hours of sleep should a typical teenager get each night?

- A. 6-7 hours of sleep
- B. 8-10 hours of sleep
- C. 12-14 hours of sleep