

Name _____ Date _____

Reading Comprehension
Sleeping for Good Health
Original Quiz (Community Quiz Epic)

1. When you fall asleep _____.
 - a. blood pressure rises
 - b. breathing becomes more shallow
 - c. the heart beats faster
 - d. the heart beats slower

2. Stage 1 is the deepest sleep.
 - a. True
 - b. False

3. What is the Stage of Sleep that is hardest to wake a sleeper from?
 - a. Stage 1
 - b. Stage 2
 - c. Stage 3
 - d. Stage 4

4. REM sleep is _____.
 - a. Retinal Eye Movement
 - b. Reitna Eye Movement
 - c. Rapid Eye Movement

5. Insomnia is _____.
 - a. it is a type of bacteria
 - b. it is a condition that makes it difficult to stay awake
 - c. it is a condition that makes it difficult to fall asleep

6. The brain slows down during sleep.
 - a. True
 - b. False

7. Apnea means _____.

- a. sleeping sickness
- b. without wind
- c. without a phone