1. What happens to brain waves during Stage 1 of sleep?

A. Brain increases alpha waves

B. Brain reduces theta waves

C. Brain reduces alpha waves and increases theta waves

D. Brain maintains consistent wave patterns

2. How much time do adults typically spend in REM sleep?

A. About 10% of sleep time

B. About 20% of sleep time

C. About 50% of sleep time

D. About 30% of sleep time

3. What characteristic marks Stage 2 of sleep?

A. Delta waves

B. Spindles

C. Muscle paralysis

D. Rapid eye movement

4. What is recommended for a quick alertness boost?

A. Full night's sleep

B. 30-minute nap

C. 10 to 20-minute power nap

D. Sleeping past noon

5. During which sleep stage do people become harder to awaken?

A. Stage 1

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B. Stage 2

C. Stage 3

D. REM sleep

6. What happens to body muscles during REM sleep?

A. They become very active

B. They are completely relaxed

C. They are paralyzed

D. They twitch continuously

7. What remains mysterious about REM sleep?

A. Its duration

B. Its biochemistry

C. Its neurobiology

D. Its purpose

Which Title Fits Best?

1. The Mysterious World of Nighttime Muscle Paralysis

2. Understanding the Four Stages of Sleep and Their Impact on Health

3. Dreaming: A Journey Through Nocturnal Brain Waves

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