

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

- 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