Are you a SLEEPY-HEAD or NIGHT OWL?

Choose TRUE or FALSE. Then add up your points. Look at the key.

1-	I yawn as soon as someone else yawns.	TRUE (2)	FALSE (1)
2-	I always feel sleepy after school.	TRUE (2)	FALSE (1)
3-	I hate getting up, I lie in bed for hours on weekends	TRUE (2)	FALSE (1)
4-	I feel asleep as soon as my head touches the pillow.	TRUE (2)	FALSE (1)
5-	I sometimes lie awake at night.	TRUE (1)	FALSE (2)
6-	I wake up early on the weekend.	TRUE (1)	FALSE (2)
7-	I snore a lot. I'm heavy sleeper.	TRUE (2)	FALSE (1)
8-	I have dreams about sleeping!	TRUE (2)	FALSE (1)
9-	After I have a nightmare I just turn over and go back to sleep.	TRUE (2)	FALSE (1)

KEY

9 -12: you're happier awake than asleep. That's OK but remember you need to sleep to stay healthy.

13 -16: you like a good night's sleep. But you can get out of bed when you need to.

16- 18: you're a real sleepy-head! Nothing will get out of bed.