Name :_____

Subject : Health Education

1. Why do you sleep?
   a. My body needs to rest and relax
   b. My mom asks me to sleep
2. How much sleep do you need?
   a. Along day
   b. 8 hours
3. What happen if you don′ t sleep?
   a. My body will be healthy
   b. My body will be tired and irritable

Are you getting enough sleep? - Quiz

Do you feel too tired in the morning and want to stay in bed?	yes	no
Do you yawn a lot?	yes	no
Are you irritable or bad tempered when you get up?	yes	no
Do you find it hard to concentrate on what you are doing?	yes	no
Do you make mistakes in really easy work?	yes	no
Does it take you ages to learn anything new?	yes	no
Do you try to get out of physical exercise because you don't feel like it?	yes	no
Do you want to sleep during the day?	yes	no
Do you spend lots of time daydreaming?	yes	no