

Check Your Knowledge

Sleep

1. A person who gets an inadequate amount of sleep is _____.
2. The fatigue people feel after traveling across time zones, called _____.
3. During which stage of sleep do most dreams occur?
4. True or False. Lack of sleep can lead to health conditions, accidents, and poor performance in school and athletics.
5. Nightmares, teeth grinding, bed – wetting, and sleepwalking are all examples of _____.
6. True or false. Obstructive sleep apnea occurs when the brain fails to send the right signals to the muscles that control breathing.
7. One of the best ways to make sure you get enough sleep is to set and follow a _____.
8. Which of the following nap strategies can disrupt your sleep – wake schedule?
 - a. Set an alarm for no more than 30 minutes
 - b. Nap in your bed
 - c. Nap in the early afternoon
 - d. Nap after dinner
9. True or False. Spending time outside during the day can help you fall asleep better at night.
10. People should avoid drinks and foods with _____ near bedtime.