



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. 1. Teens need this much sleep to feel refreshed and ready to learn the next day:
  - a) 7½ to 8 hours
  - b) 8½ to about 9 hours
  - c) 8 to 10 hours
  - d) 10 to 11 hours
  
2. Underline the things that can help you get a good night's sleep:
  - a) Worrying or being stressed out
  - b) Sleeping in a quiet, dark bedroom
  - c) Having caffeinated drinks
  - d) Leaving a TV on in the bedroom at night
  - e) Going to bed the same time every night
  - f) Exercising during the day, but not right before bedtime
  
3. The R.E.M. stage of sleep is when people dream. R.E.M. stands for \_\_\_\_\_.
  
4. True or false: During adolescence, the body's circadian rhythm is reset, telling teens to fall asleep later at night and to wake up later in the morning.
  
5. Which four are signs that a person might not be getting enough sleep?:
  - a) difficulty waking up in the morning
  - b) ringing in the ears
  - c) inability to concentrate
  - d) blurry vision
  - e) falling asleep during class
  - f) feeling moody or depressed