



Quiz Answer Key

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 rapid eye movement.
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