



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Schoolwork can be harder for students who don't get enough sleep each night.
2. The R.E.M. stage of sleep is when people dream. You can tell if someone is in this sleep stage by looking at their closed eyelids. R.E.M. stands for _____.
3. Kids who are between 5 and 12 years old need to sleep this long to feel refreshed and ready to learn the next day:
 - a) 7 to 8 hours
 - b) 8 to 9 hours
 - c) 9 to 10 hours
 - d) 10 to 11 hours
4. True or false: A dark, quiet bedroom at a comfortable temperature can make it difficult to fall asleep.
5. If you can't sleep because you're worried, scared, stressed out, or having problems with something, it can help to talk with _____.