Quiz

Instructions: Answer each question.

1. True or false: The number of hours of sleep needed each night is different for babies, kids, teens, and adults.

2. Underline choices that can help you get a good night’s sleep:
   a) Sticking to a regular bedtime
   b) Exercising during the day (but not right before bedtime)
   c) Worrying or being stressed out
   d) Leaving a TV or cellphone on in the bedroom at night
   e) Sleeping in a quiet, dark bedroom
   f) Having a drink that contains caffeine

3. True or false: Students who don’t get enough sleep each night can feel moody and find it difficult to concentrate during the day.

4. People _________________ during the stage of sleep called R.E.M. sleep.

5. True or false: Only mammals need to sleep.