Quiz

Instructions: Answer each question.

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