Quiz

Instructions: Answer each question.

1. True or false: It can help you sleep if you watch a scary show before bedtime.

2. True or false: A dark room is best for getting a good night’s sleep.

3. It can help you fall asleep if someone reads a ________________ to you, or you read one yourself before bedtime.

4. Underline the one that does not need to sleep:
   a) Polar bear
   b) Koala bear
   c) Teddy bear
   d) Grizzly bear
   e) Black bear

5. Kids need 10 to 11 hours of sleep at night to feel refreshed and ready to learn the next day. If you get up at 7 a.m. for school, what time should you fall asleep to make sure you get enough sleep? Use this clock to help you count back from 7 a.m., and write your answer here: ___________________________