**Sleep IQ Quiz and Notes (s)**

*How much do you know about sleep and the consequences of sleep deprivation? Take this quiz and find out! Circle T if you think the statement is true and F if you think it is false. We will correct the quiz and take some notes on each question together as a class.*

1. True or false: During sleep, your brain rests. **(T or F)**

*Your body rests during sleep, but your brain is very active! Your brain is preparing you for alertness and peak functioning the next day.*

1. True or false: You can learn to function normally with two or three hours less sleep than your body actually needs per night. **(T or F)**

*Teenagers need 8-10 hours of sleep a night to function their best without stimulants. Sleep debt will accumulate and eventually affect your health, safety and productivity.*

1. True or false: Teenagers go to sleep and wake later because they are lazy.

**(T or F)**

*Teenagers have a shift in their sleep-wake cycle, their bodies and brains are not ready to fall asleep until later in the evening and wake later in the morning.*

1. True or false: Although you may not get enough sleep during the week, you can still catch up on your sleep on the weekends and still have healthy sleep habits. **(T or F)**

*This can actually put you out of sync for the rest of the week. You should maintain a regular bedtime and try to not vary it by more than an hour.*

1. True or false: Boredom makes you feel sleepy, even if you have had enough sleep. **(T or F)**

*Boredom, heavy meals and long drives do not cause sleepiness, they just unmask existing sleep deprivation.*

1. True or false: Resting in bed with your eyes closed cannot satisfy your body’s needs for sleep. **(T or F)**

*Rest is not a substitute for sleep. Your body and brain need that active restoration time that you get during sleep.*

1. True or false: Snoring is not harmful as long as it does not disturb others or wake you up. **(T or F)**

*Snoring might not be harmful for some people, but it can indicate a potentially life-threatening sleep disorder, like sleep apnea. If you snore you should go get checked out by a doctor to make sure it isn’t because of a bigger problem.*

1. True or false: Most people do not know when they are sleepy. **(T or F)**

*Researchers have asked thousands of people over the years if they are sleepy, only to be told no---just before the individual fell sleep! You can fall asleep anywhere, even driving.*

1. True or false: Turning up the radio, opening the window or turning on the air conditioner will help you stay awake while driving. **(T or F)**

*These are temporary solutions but will not work long term. There is no substitute for sleep. Pull over in a safe, well-lit place and take a short nap.*

*People who were awake for 17-19 hours showed decrease in both performance and response rates similar to those who have a BAC equivalent of being legally drunk.*

1. True or false: Everyone dreams every night. **(T or F)**

*Though many people fail to remember their dreams. Dreams are most vivid during REM (rapid eye movement) sleep.*