



Name: _____

Date: _____

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: _____

