



Name: _____

Date: _____

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.