
sleepforTEENS

IQ Quiz



How much do you know about sleep and the consequences of sleep deprivation? Take this quiz and find out. Circle "True" or "False" for the following questions and check your answers on the second page. Are you a "Sleep Genius?"

1. During sleep, your brain rests. **(T or F)**
2. You can learn to function normally with two or three hours less sleep than your body actually needs per night. **(T or F)**
3. Teens go to sleep and wake later because they are lazy. **(T or F)**
4. Although you may not get enough sleep during the week, you can still catch up on your sleep on weekends and still have healthy sleep habits. **(T or F)**
5. Boredom makes you feel sleepy, even if you have had enough sleep. **(T or F)**
6. Resting in bed with your eyes closed can not satisfy your body's need for sleep. **(T or F)**
7. Snoring is not harmful as long as it does not disturb others or wake you up. **(T or F)**
8. Most people do not know when they are sleepy. **(T or F)**
9. Turning up the radio, opening the window or turning on the air conditioner will help you stay awake while driving. **(T or F)**
10. Sleep disorders are mainly due to worry or psychological problems. **(T or F)**
11. Everyone dreams every night. **(T or F)**
12. Driving after being awake for 18 hours puts you at the same level of risk for a crash as someone who is legally drunk. **(T or F)**

Answers on back

Sleep IQ Answers

1. FALSE. Your body rests during sleep, but your brain does not. An active brain during sleep prepares you for alertness and peak functioning the next day.

2. FALSE. Sleep need is biological. While children and teens need more sleep than adults, how much sleep an individual needs is determined genetically. While most adults need 7-9 hours of sleep, teens need 8½-9½ hours to function at their best, without the use of caffeine or other stimulants. You can “get by” on less sleep, but you cannot train your body to need less sleep. Sleep loss, especially a big “sleep debt” (accumulated sleep loss) will affect your health, safety and productivity.

3. FALSE. When teens reach adolescence, many experience a shift in their sleep-wake cycle. Both their bodies and brains are not ready to fall asleep until later in the evening and they still need 9¼ hours on average to wake up feeling alert and ready to function at their best during the day. To get enough sleep, this means waking later in the morning and without an alarm clock.

4. FALSE. Making up for sleep loss on weekends by sleeping in can alter your weekly sleep schedule. Sleeping in late on Sunday morning means that you may not be sleepy until later on Sunday night. Then, you will have to get up early again to get to school on time on Monday morning. This puts you out of sync with your natural sleep-wake cycle. Although you can make up for some sleep during the weekend, it can become difficult to “pay back” when the sleep debt becomes too large. It is always best to maintain a regular bed and wake time even on weekends.

5. FALSE. Things such as boredom, heavy meals and long drives do not cause sleepiness; they only unmask existing sleep deprivation that can accumulate over time. The time of day also determines when you are sleepy.

6. TRUE. Sleep is as necessary to health as food and water, and rest is no substitute for sleep. Sleep is an active and restorative process that requires time in order for you to experience the deeper stages of sleep when important hormones are released and other processes occur. When you don't get enough sleep, your body builds up a sleep debt. Sooner or later, this debt must be paid...with sleep.

7. FALSE. Snoring may be harmless for many people, but it may also indicate, if untreated, the presence of a life-threatening sleep and breathing disorder called sleep apnea. In some cases, it may be due to problems with tonsils or the physical structure around the mouth, throat and neck. If snoring occurs on a regular basis and it is loud, it is important to talk to your doctor.

8. TRUE. Most people do not know when they are sleepy. Researchers have asked thousands of people over the years if they are sleepy, only to be told no – just before the individual fell asleep! Many people do not know if they are sleepy, when they are sleepy, or why they are sleepy. If you are sleepy enough you can fall asleep...anywhere – even while driving.

9. FALSE. Opening a window, turning up the radio or the air conditioner and even chewing gum has no lasting effect on a person's ability to stay awake or be more alert. In fact, these things may further mask the person's sleepiness and make them more dangerous. The only short-term solution is to pull over at a safe place and take a short nap or have a caffeinated drink. The long-term solution and proven measure to make you more alert behind the wheel is to get a good night's sleep every night.

10. FALSE. Stress and depression contribute to insomnia (difficulty falling or staying asleep). However, people who suffer either chronic insomnia or difficulty staying alert during the day may have a sleep disorder. Falling asleep in school or at other times throughout the day could be a symptom of narcolepsy (excessive daytime sleepiness with involuntary sleep attacks). There are over 80 different types of sleep disorders, and difficulty sleeping or daytime sleepiness should be discussed with your doctor.

11. TRUE. Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM (rapid eye movement) sleep.

12. TRUE. Studies of people who were awake for 17-19 hours showed marked decrease in both performance and response rates on the road similar to those who have a blood alcohol level (BAC) equivalent to being legally drunk. When awake for this long a time, drivers were up to 50% slower in responding and their performance was impaired. Drowsy drivers put themselves and others in harm's way.



NATIONAL SLEEP FOUNDATION

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