Foundations 1E Quiz Questions Lesson 2.3

1. Sleep improves all the following EXCEPT

a. memory

b. productivity

c. alertness

d. fitness

Answer: \_\_\_\_\_

2. Match the age with the correct amount of sleep.

\_\_\_ 1. school age (6 to 12 years)

\_\_\_ 2. teenage (13 to 18 years)

\_\_\_ 3. adult (18 or more years)

a. 8 to 10 hours

b. 9 to 12 hours

c. 7 or more hours

3. What is the sleep problem in which a person suddenly falls asleep during the day?

a. insomnia

b. sleepwalking

c. narcolepsy

d. sleep apnea

Answer: \_\_\_\_\_

4. Which of the following will NOT improve how well you sleep?

a. setting and following a sleep schedule

b. spending the hour before going to bed looking at social media

c. avoiding caffeine (coffee and soda)

d. reading a book just before bedtime

Answer: \_\_\_\_\_

5. Which of the following is a SMART goal you could set if you want to get quality sleep?

a. “I’ll start going to bed and waking up at the same time each day this year.”

b. “From now on, I’ll keep my dog out of my bedroom at night so he doesn’t wake me up.”

c. “During the month of May, I’ll get at least eight hours of sleep every night.”

d. “For the next 7 days, I’ll stop looking at my phone one hour before bedtime.”

Answer: \_\_\_\_\_