

# A good night's sleep quiz

Note: Some questions may have more than one correct answer

1. How many hours of sleep per night should a young adult have?

- A. 12 - 14
- B. 10 - 12
- C. 8 - 10
- D. 6 - 8

2. What are the advantages of getting more sleep?

- A. Recharges your body's batteries
- B. Good for your health
- C. Can help you focus and concentrate better
- D. Keeps your teeth looking whiter

3. What are the important advantages of getting too little sleep?

- A. More time to relax at night
- B. More time to chat with friends
- C. More time to read "*Mastering your mind*"
- D. Honestly, there aren't any important advantages

4. What are good tips to help you get to bed on time?

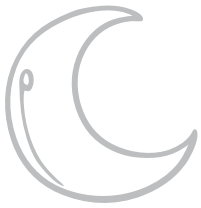
- A. Set a realistic time
- B. Don't start a fun activity at least 4 hours before bedtime
- C. Reward yourself for getting to bed at the right time
- D. Have an exciting book you are in the middle of by your bed

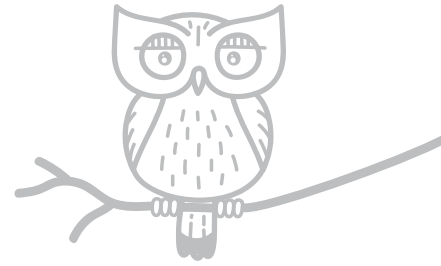
5. Of all the animals in the world, which need the least amount of sleep?

- A. Walruses
- B. Cats
- C. Giraffes
- D. Lions

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### 6. Which of the following are good tips to get a good night's sleep?

- A. Relax and spend lots of time in your bed when you are not sleeping so your mind gets used to it
- B. Try not to toss and turn and get frustrated by constantly looking at the clock
- C. Think calm thoughts and take the pressure off from those pressure thoughts
- D. Keep all your good ideas and worries throughout the day to think about at bedtime

### 7. Which of the following are also good tips to get a good night's sleep?

- A. Cut out daytime naps especially late afternoon/evening ones
- B. No caffeine in the evening hours
- C. Do lots of exercise just before you go to sleep
- D. A loud bright room will force your brain to shut down and go to sleep

### 8. Which of these sleep facts are true?

- A. Humans can survive longer without food than without sleep
- B. A warm bath before bed can help you fall asleep faster
- C. Eating cheese before bed gives you nightmares
- D. You can properly catch up on all missed sleep during the week, over Shabbos

### 9. How about these fun sleep facts. Which are true?

- A. You can train yourself to function well on just a few hours of sleep
- B. The average person spends about 25 years of their life asleep
- C. The older you get, the fewer hours of sleep you need
- D. Hitting the snooze butt on gives you great quality of extra sleep

### 10. Why wasn't I sure whether to put this hack into the book?

- A. It's boring and poorly written
- B. I wanted to get to the end of the book already
- C. I was so tired at the time from writing this book so late at night
- D. Many teens know how important sleep is but don't want to make changes



## A good night's sleep quiz answers



1. C
2. A, B, C
3. D
4. A, C  
(D might get you to bed quicker but keep you up longer))
5. C
6. B, C
7. A, B  
(Not C as for many exercise can actually wake you up!!)
8. A, B
9. B
10. D