

Name _____ Period _____ Date _____

HANDOUT 9-2

The National Sleep Foundation's Sleep IQ Test

Directions: Circle the letter *T* if you believe the statement is true and the letter *F* if you believe the statement is false.

1. During sleep, your brain rests. T F
2. You cannot learn to function normally with one or two fewer hours of sleep than you need. T F
3. Boredom makes you feel sleepy, even if you have had enough sleep. T F
4. Resting in bed with your eyes closed cannot satisfy your body's need for sleep. T F
5. Snoring is not harmful as long as it doesn't disturb others or wake you up. T F
6. Everyone dreams every night. T F
7. The older you get, the fewer hours of sleep you need. T F
8. Most people don't know when they are sleepy. T F
9. Raising the volume of your radio will help you stay awake while driving. T F
10. Sleep disorders are mainly due to worry or psychological problems. T F
11. The human body never adjusts to night shift work. T F
12. Most sleep disorders go away even without treatment. T F

Source: Sleep IQ Quiz. (2007). The National Sleep Foundation. Retrieved November 26, 2007, from www.sleepfoundation.org/site/c.huIXKjM0IxF/b.2466809.