



Sleep Quiz:

Answer Key

- 1. False:** *On average, teens require 8 to 10 hours a night of sleep.*
- 2. False:** *Studies show that the blue light LED screens emit disrupts sleep cycles.*
- 3. True:** *Experts recommend that your wake-up time only vary by an hour on the weekends; if you normally get up at 6:30 am for school, get up by 7:30 at the latest on the weekends.*
- 4. True:** *Hormones produced during puberty disrupt your sleep cycle, which can make it harder to fall asleep at night. Still, do your best to maintain a bedtime that allows you to get 8 to 10 hours of night of sleep.*
- 5. False:** *Sleep loss is cumulative, but you can't make it up on the weekends. Aim to have a regular routine where you get a similar amount of sleep each night.*
- 6. False:** *Naps can be helpful, but they need to be no longer than 30 minutes and not after 5 p.m. Otherwise, you go into a deep sleep and may have trouble going to sleep again that night.*
- 7. False:** *The more you can limit your time in bed for sleeping only, the more accustomed your mind will become to associating your bed with sleep.*
- 8. True:** *Other signs of not getting enough sleep can include feeling moody or depressed, having a hard time waking up in the morning, and falling asleep in unexpected places (such as in class, on the school bus, etc.)*
- 9. False:** *While daily exercise does help you sleep better, intense exercise within 2-3 hours of bedtime can keep you awake longer than you'd like. If you'd like to move around right before bedtime, take an easy walk instead.*
- 10. True:** *Bedtime routines should be calming and free of screens and stress.*



Recovery

Sleep Quiz:

Read the statement and determine if it is true or false.
Correctly mark "T" for a true statement and "F" for a false statement.

Question 1

t f *Teens need an average of 7 hours of sleep per night to feel rested and alert.*

Question 2

t f *Texting with friends is a good way to wind down right before you go to bed.*

Question 3

t f *Going to bed and getting up at the same time every day will help you sleep better.*

Question 4

t f *During the teenage years, your body's circadian (awake/sleep) rhythm is reset; teens are more likely to fall asleep later at night and to wake up later in the morning.*

Question 5

t f *You can "catch up" on sleep you've lost during the week by sleeping late on weekends and napping for hours.*

Question 6

t f *A two-hour nap after an afternoon practice is a good way to refresh before doing homework.*



Question 7

t f *Your bed is a great place to do homework, watch television, and catch up on social media.*

Question 8

t f *Being unable to focus in class is a sign you aren't getting enough sleep.*

Question 9

t f *Getting in a tough workout right before bed will help you relax and fall asleep faster.*

Question 10

t f *Putting on your pajamas, brushing your teeth, washing your face, and reading a book for a few minutes is a good bedtime routine.*