Creating a set of skills for the future...

Sleep Management Quiz

The following quiz is designed to get you thinking about sleep, to improve your knowledge about the processes involved in sleep and to help you understand the main purposes of sleep. It also aims to provide you with tips and ideas about how t start working on improving your sleep pattern if this is a problem for you. The quiz should be used in conjunction with the information sheets on sleep provided as par of this website.
1. Name 3 essential purposes of sleep? 1
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2. How much sleep do we need ideally?
3. Is it true or false that as you grow older you need less sleep?
4. TRUE or FALSE? The brain shuts down during sleep.
5. Name the two main phases of sleep? 1
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6. TRUE or FALSE? We experience Dreams during the NREM phase of sleep.
7. The REM phase of sleep first begins approximately how many minutes after first falling asleep?
8. What would happen if you lost a few nights sleep?
9. How good is your body at taking the sleep that it needs?
10. Name three types of sleep problem? 1

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11. How helpful is saving your worries until you go to bed?
12. Is it helpful to eat something just before you go to bed?
13. TRUE or FALSE? It is good idea to have a regular bed-time and getting-up time.
14. TRUE or FALSE? Watching Television in bed helps you to go to sleep.
15. TRUE or FALSE? Having a cup of tea or coffee before bed helps to relax you and aids sleep.
16. TRUE or FALSE? It is helpful to have a cigarette before going to bed (If you smoke!)
17. TRUE or FALSE? It is helpful to have a warm bath before bed?
18. TRUE or FALSE? If you are tired during the day, having a quick nap (no more than 30 minutes) will not affect your night-time sleep.
19. TRUE or FALSE? It is useful to use your relaxation exercises to help you go off to sleep.
20. TRUE or FALSE? Some drugs can affect your sleep pattern.
21. How are sleep diaries helpful?
22. Describe two other helpful sleep strategies? 1 2