

### **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 to 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 part of this website.

1. Name 3 essential purposes of sleep? 1  
2  
3
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  
2
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  
2  
3

