

## HANDOUT 17-1

### The National Sleep Foundation's Sleep IQ Test

Answer true or false to each of the following statements:

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| T F | 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 nightly.  |
| 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 you are 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.                                    |

Source: The National Sleep Foundation.