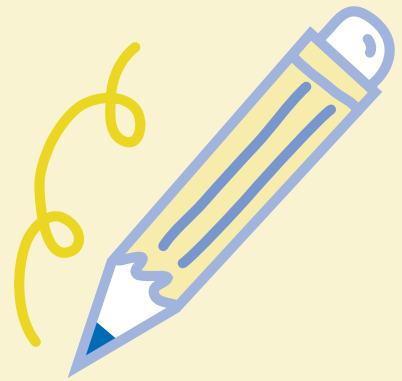


# Sleep IQ Quiz

---

Sleep represents a third of your life. How much do you know about sleep and the consequences of sleep deprivation? Take this quiz and find out. Circle "True" or "False" for the following questions and check your answers on the second page. Are you a "Sleep Genius?"

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



*See reverse for answers*