

Sleep IQ Test

Please read the statements below and circle either “T” or “F” to demonstrate that you believe the answer is true or false. After making your selections, check the “answers” line at the bottom and see how well you scored!

1. During sleep your brain rests. T F
2. You cannot learn to function normally with one or two fewer hours of sleep a night 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 at night. 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 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. T F

Answers: 1-F, 2-T, 3-F, 4-T, 5-F, 6-T, 7-F, 8-T, 9-F, 10-F, 11-T, 12-F

SCORING

Number of Correct Answers / Suggestion

11-12 Correct / Congratulations, you are a sleep genius!

8-10 Correct / Not bad! Learn a few more facts about sleep to improve your life.

4-7 Correct / Better learn more to see why sleep is so important.*

1-3 Correct / It is never too late to learn about sleep! Why not start now?

* For more information about sleep problems, drowsy driving, shift work or sleep disorders, please visit the National Sleep Foundation at www.sleepfoundation.org. For more information on treatments for sleep problems and sleep disorders, please contact The Center for Sleep Medicine at Hattiesburg Clinic at 601-579-5180.