

## **Sleep Quiz**

### **True or false statements (please circle)**

1. Our brains and bodies completely shut down when we are sleeping	True/False
2. We need less sleep as we get older?	True/False
3. Snoring is not harmful as long as it doesn't disturb other?	True/False
4. Our body clocks can quickly adapt to different time zones	True/False
5. Watching TV, playing on the computer or your mobile phone before bedtime can help you fall asleep	True/False
<b>Additional Quiz Questions</b>	
6. Alcohol helps you sleep	True/False
7. Insomnia only affects people who are depressed or anxious	True/False
8. The human body never adjusts to shift work?	True/False

## Answers

1. Our body and mind are completely at rest when we are sleeping	<p><b>False</b></p> <p>There are lots of brain and body functions happening when we are sleeping. Hormones are being released, tissues are being repaired and thoughts are being processed.</p>
2. We need less sleep as we get older?	<p><b>False</b></p> <p>There is a misconception that we need less sleep as we get older. This is not true. We still need the same sleep during the course of our adulthood, but as we get older we tend to get less sleep on average due to medical problems, increased urination, sleeping more during the day.</p>
3. Snoring is not harmful as long as it doesn't disturb others	<p><b>False</b></p> <p>Snoring from time to time is a common problem. However loud snoring on most nights could be an indication of some underlying problems, get it checked out.</p>
4. Our body clocks can quickly adapt to different time zones	<p><b>False</b></p> <p>Our body clocks can take days to adjust to different time zones, meaning that when our body is telling us it is time to sleep it is during the day and vice versa, or it makes us stay awake when it is late at night. This is known as jet lag.</p>
5. Watching TV, playing on the computer or your mobile phone before bedtime can help you fall asleep	<p><b>False</b></p> <p>The blue light emitted by these gadgets mimics the effects of the sun and tricks the body into thinking it should still be awake.</p>

6. Alcohol helps you sleep	<p><b>False</b></p> <p>It may help you fall asleep quick but causes disrupted, lighter and restless sleep. Therefore the quality of sleep is affected.</p>
7. Insomnia only affects people who are depressed or anxious	<p><b>False</b></p> <p>Insomnia can happen to anyone for a range of factors, medication, medical conditions eg restless leg syndrome.</p>
8. The human body never adjusts to shift work?	<p><b>True</b></p> <p>We all have a body clock which controls when we feel sleepy or alert. Whether you work night shift or not, you are more likely to feel sleep between midnight and 6.30am. The body clock never adjusts.</p>