

Sleep Quiz

Questions

Answer TRUE or FALSE for each statement.

1. During sleep, the brain turns off.

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True

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False

2. Sleep is **as important** to your health as diet and exercise.

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True

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False

3. Snoring is not harmful as long as it doesn't disturb others.

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True

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False

4. We need less sleep as we age.

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True

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False

5. Watching TV, using your computer, tablet or phone before bed can help you get a good night's sleep.

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True

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False

Answers

1. **FALSE.** The body rests during sleep, not the brain. The brain remains active, gets recharged, and still controls many body functions including breathing during sleep.
2. **TRUE.** Sleep helps to regulate our hormones so that we don't increase our risk of gaining weight, getting heart disease, having high blood pressure, getting diabetes. Sleep also helps to repair our muscles and replenishing our energy.
3. **FALSE.** Snoring may indicate the presence of a sleep disorder called sleep apnea. People with sleep apnea snore loudly and wake up repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness. Many people with sleep apnea are unaware they have this condition. If you think you have sleep apnea, be sure to talk to your doctor.
4. **FALSE.** Older adults need about the same amount of sleep as younger ones, but they tend to get less sleep on average due to medical conditions. Taking medications for various conditions such as hypertension or Type 2 diabetes can interfere with sleep as well.
5. **FALSE.** Electronic devices emit a certain type of light which tells our body it's time to wake up. They can stop you going to sleep at a time that allows you to get enough sleep.