

SLEEP SMARTS!

Part 1. Show off your sleep smarts! Take this quiz to find out what you know about getting a good night's sleep.

1. Healthy sleep is important for good physical health because...
 - a. it can help you fight off infections.
 - b. it can help you maintain a healthy weight.
 - c. it can help you avoid some diseases, such as heart disease.
 - d. All of the above
2. Healthy sleep is good for the mind because...
 - a. it helps to balance your emotions.
 - b. it helps to improve your memory and focus.
 - c. it helps to keep you alert so you can react quickly.
 - d. All of the above
3. Most children ages 6 to 12 need ____ hours of sleep each night.
 - a. 9 to 12
 - b. 6 to 7
 - c. 7 to 8
 - d. 8 to 9
4. Too little sleep may...
 - a. make you feel sleepy.
 - b. make you cranky.
 - c. make you feel clumsy.
 - d. All of the above
5. Your brain is busy when you sleep! Scientists think that while you're sleeping, your brain...
 - a. sorts and stores information.
 - b. solves problems.
 - c. gets rid of waste.
 - d. All of the above

Part 2. Choose one of the "sleep smarts" facts from the quiz to share with others. Create a mini poster, public service announcement, or sleep smarts slogan on the back of this sheet.



Message to Families: You know it's important to eat nutritious foods and exercise on a regular basis, but did you know that healthy sleep is important for your mind and body as well? Make sure you and your family are all getting a good night's sleep — every night! Go to sleepeducation.org to find out more.