

WHAT'S YOUR SLEEP IQ?

PART 1

Have you ever been told that it's important to get a good night's sleep? You might think it's just adults nagging you to go to bed at a decent hour — but there's real science behind that request. How much do you really know about sleep health?

Write "true" or "false" on the line before each statement.

- _____ 1. Teens need 8 to 10 hours of sleep per night.
- _____ 2. There is nothing wrong with staying up late on school nights and sleeping late on non-school days as long as you are getting enough sleep.
- _____ 3. Later school start times don't help teens get more sleep because they just go to bed later.
- _____ 4. Teens who don't get enough sleep on a regular basis have a greater risk of depression.
- _____ 5. Driving while sleepy is almost as dangerous as driving while drunk.
- _____ 6. Falling asleep in class demonstrates a lack of motivation, not sleepiness.
- _____ 7. Teens need less sleep than young children.
- _____ 8. Energy drinks are a healthy option to help teens stay awake.
- _____ 9. If you study all night before a test, you will remember the information better.
- _____ 10. Research shows that people who get insufficient sleep have less empathy for others and are less helpful than those who get enough sleep.



PART 2

Now that you know the science behind sleep, which facts surprised you the most? Write them below. Then come up with one way you can spread the word about the importance of healthy sleep habits.

- 1. _____
- 2. _____
- 3. _____
- 4. _____

How I can help spread the word about sleep health: _____



Visit sleepeducation.org to learn more about the importance of sleep and to improve your sleep habits, as well as your mental and physical health.