

A sleep quiz

Let's see how much you remember from Part One. In Box 21 I have put together a quiz to test your knowledge. It is to get you thinking.

BOX 21: YOUR SLEEP QUIZ

1. People need less sleep in later life. True/False
2. We tend to sleep better as the night goes on. True/False
3. We should try to make up for all our lost sleep on subsequent nights. True/False
4. Dreaming a lot is usually a sign of emotional upset. True/False
5. Sleep is important for our memory. True/False
6. The more sleep we can get, the better we will feel the next day. True/False
7. Feeling irritable during the day probably means our sleep quality is poor. True/False

IMPROVING YOUR SLEEP KNOWLEDGE

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| 8. Most adults sleep 7–8 hours at night. | True/False |
| 9. There is really no such thing as ‘deep sleep’. | True/False |
| 10. Daytime tiredness may be an important sign of a sleep disorder. | True/False |
| 11. Sleep problems usually pass away quite quickly. | True/False |
| 12. Most people don’t cope very well after a bad night’s sleep. | True/False |
| 13. Sleeping pills are addictive. | True/False |
| 14. Taking a nap should be avoided if at all possible. | True/False |
| 15. Life changes can trigger insomnia. | True/False |
| 16. Some people seem to be able to do without sleep. | True/False |
| 17. Insomnia causes depression and depression causes insomnia | True/False |
| 18. I’d be better just giving up because I’ve tried it all before. | True/False |