



Test Your Sleep Smarts.



1. During sleep your brain rests.

True False

2. You can't function normally with one or two less hours of sleep than you need.

True False

3. Boredom makes you feel sleepy, even if you've had enough sleep.

True False

4. Snoring is not harmful as long as it doesn't disturb others or wake you up.

True False

5. Everyone dreams at night.

True False

6. Most people don't know when they are sleepy.

True False

7. Raising the volume of your radio will help you stay awake when you drive.

True False

8. Resting in bed with your eyes closed can satisfy your body's need to sleep.

True False

9. Sleep disorders are mainly due to worry or psychological problems.

True False

10. Most sleep disorders go away even without treatment.

True False

11. The older you get the fewer hours of sleep you need.

True False

Answers on the back.

Quiz courtesy of the National Sleep Foundation Website

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1. During sleep your brain rests.

FALSE • While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

2. You can't function normally with one or two less hours of sleep than you need.

TRUE • **Sleep need is biological.** While children need more sleep than adults, how much sleep any individual needs is genetically determined. Most adults need eight hours of sleep to function at their best. How to determine what you need? Sleep until you wake on your own...without an alarm clock. Feel rested? That's your sleep need. **You can teach yourself to sleep less, but not to need less sleep.**

3. Boredom makes you feel sleepy, even if you've had enough sleep.

FALSE • When people are active, they usually don't feel sleepy. When they take a break from activity, or feel bored, they may notice that they are sleepy. However, **what causes sleepiness most is sleep loss: not getting the sleep you need.** Adults who don't get enough good sleep feel sleepy when they're bored. Boredom, like a warm or dark room, doesn't cause sleepiness, it merely unmasks it.

4. Snoring is not harmful as long as it doesn't disturb others or wake you up.

FALSE • **Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea.** People with sleep apnea snore loudly and arouse repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness, which raises the risk for accidents and heart problems. Yet 95% of those with sleep apnea remain unaware that they have a serious disorder. The good news: With treatment, patients can improve their sleep and alertness, and reduce their risk for accidents and health problems. Physicians and sleep specialists should be consulted.

5. Everyone dreams at night.

TRUE • Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.

6. Most people don't know when they are sleepy.

TRUE • Most people don't know when they're sleepy. Researchers have asked thousands of people over the years if they're sleepy, only to be told no... just before the individuals fell asleep! What does this mean? Many people don't know if they are sleepy, when they are sleepy, or why they are sleepy. When driving, don't think you can tough it out if you're sleepy but only a few miles from your destination. **If you're sleepy enough, you can fall asleep...anywhere.**

7. Raising the volume of your radio will help you stay awake when you drive.

FALSE • If you're having trouble staying awake while driving, the only short-term solution is to pull over at a safe place and take a short nap or have a caffeinated drink. Doing both - for example, drinking coffee, then napping before the caffeine kicks in - may be even better. However, the only long-term solution is prevention... starting out well rested after a good night's sleep. **Research shows that loud radios, chewing gum and open windows, fail to keep sleepy drivers alert.**

8. Resting in bed with your eyes closed can satisfy your body's need to sleep.

FALSE • **Sleep is as necessary to health as food and water, and rest is no substitute for sleep.** As noted above, sleep is an active process needed for health and alertness. When you don't get the sleep you need, your body builds up a sleep debt. Sooner or later, this debt must be paid with sleep. If you drive when you're sleepy, you place yourself and others at risk because drowsy drivers can fall asleep at the wheel with little or no warning. Sleepiness contributes to driver inattention, which is related to one million crashes each year!

9. Sleep disorders are mainly due to worry or psychological problems.

FALSE • Stress is the number one reason people report insomnia (difficulty falling or staying asleep). However, stress accounts for only a fraction of the people who suffer either chronic insomnia or difficulty staying alert during the day. **Sleep disorders have a variety of causes.** Sleep apnea, is caused by an obstruction of the airway during sleep. Narcolepsy, which is characterized by severe daytime sleepiness and sudden sleep attacks, appears to be genetic. No one knows yet what causes restless legs syndrome, in which the legs feel a creepy, crawly sensation, momentarily relieved by motion.

10. Most sleep disorders go away even without treatment.

FALSE • Unfortunately, many people who suffer from sleep disorders don't realize that they have a disorder or that it can be treated. **But sleep disorders don't disappear without treatment.** Treatment may be behavioral (for example, going to sleep and waking at the same time every day, scheduling naps or losing weight), pharmacological (involving medication), surgical or a combination. Untreated sleep disorders may have serious negative effects, worsening quality of life, school and work performance, and relationships. Worse, untreated sleep disorders may lead to accidents and death.

11. The older you get the fewer hours of sleep you need.

FALSE • **Sleep need remains unchanged throughout adulthood.** Older people may wake more frequently through the night and may sleep less, but their sleep need is no less than during young adulthood. When older people sleep less at night, they tend to sleep more during the day. Sleep difficulties are not a normal part of aging.