



What Happens When I Sleep? Quiz

If you get stuck, all the information you need to answer the questions is in your *My Body Inside and Out! What Happens When I Sleep?* book. Enjoy the quiz!

- 1: **How much of your life do you spend asleep?**
 - a) About one-third
 - b) About half
 - c) About three-quarters
- 2: **When you are 12 years old, how many years will you have spent asleep?**
 - a) Six years
 - b) Two years
 - c) Four years
- 3: **How many hours of sleep does a nine-year-old child need each night?**
 - a) 15 hours of sleep
 - b) 10 to 11 hours of sleep
 - c) 3 to 4 hours of sleep
- 4: **What is your body clock?**
 - a) A part of your brain that detects sunlight and darkness
 - b) A part of your body that tells you when it's time to go to school
 - c) Another name for a wristwatch
- 5: **Which part of your body makes the chemical melatonin?**
 - a) Your heart
 - b) Your nose
 - c) Your brain
- 6: **What does the chemical melatonin do inside your body?**
 - a) Makes you feel hungry
 - b) Makes you feel happy
 - c) Makes you feel sleepy
- 7: **Which of these statements is false?**
 - a) Having a bright light near to your bed helps you fall asleep.
 - b) Having a bright light near to your bed can make it hard to fall asleep.
 - c) Having a bright light near to your bed can make your body clock think it's daytime.
- 8: **How many stages are there in your sleep cycle?**
 - a) 10
 - b) 5
 - c) 3
- 9: **During which stage of your sleep cycle do you normally have dreams?**
 - a) Stage 5
 - b) Stage 1
 - c) Stage 2
- 10: **What happens during REM sleep?**
 - a) You never have dreams.
 - b) Your brain is not very active.
 - c) Your eyelids flicker, your brain is very active, and you have dreams.
- 11: **Which of these statements is true?**
 - a) Sleep is very bad for your brain.
 - b) A good night's sleep makes you grumpy and unable to do your schoolwork.
 - c) Sleep helps your brain pay attention, remember things, and solve problems.
- 12: **Which of these statements is false?**
 - a) Sleep makes your muscles feel tired.
 - b) Sleep gives your heart a chance to beat slower and rest.
 - c) Sleep gives your muscles a chance to rest.
- 13: **What happens to your skin as you sleep?**
 - a) It stops growing.
 - b) It changes color.
 - c) It grows new cells and heals cuts and scrapes.
- 14: **Which statement is false?**
 - a) As you sleep, you might get shorter.
 - b) As you sleep, you might grow a little taller.
 - c) As you sleep, your body produces chemicals to fight off illnesses.
- 15: **Why is sleep good for you?**
 - a) Because it's something to do when you're bored
 - b) Because it helps you have more energy
 - c) Sleep isn't good for you.
- 16: **Which statement is false?**
 - a) Going to bed at the same time each night will help you fall asleep.
 - b) Having a quiet, dark bedroom will help you sleep.
 - c) Playing computer games in bed will help you fall asleep.

1: a 2: c 3: b 4: a 5: c 6: c 7: a 8: b 9: a 10: c 11: c 12: a 13: c 14: a 15: b 16: c

ANSWERS