

# Hack 8 – A Good Night’s Sleep Quiz

Note: Some questions may have more than one correct answer

1. How many hours of sleep per night should a young adult have?
  - a) 12-14
  - b) 10-12
  - c) 8-10
  - d) 6-8
2. What are the advantages of getting more sleep?
  - a) Recharges your body’s batteries.
  - b) Good for your health.
  - c) Can help you focus and concentrate better.
  - d) Keeps your teeth looking whiter.
3. What are the important advantages of getting too little sleep?
  - a) More time to relax at night.
  - b) More time to chat with friends.
  - c) More time to read “Mastering your mind”.
  - d) Honestly, there aren't any important advantages .
4. What are good tips to help you get to bed on time?
  - a) Set a realistic time.
  - b) Don’t start a fun activity at least 4 hours before bedtime.
  - c) Reward yourself for getting to bed at the right time.
  - d) Have an exciting book you are in the middle of by your bed.
5. Of all the animals in the world, which need the least amount of sleep?
  - a) Walruses
  - b) Cats
  - c) Giraffes
  - d) Lions

- 6. Which of the following are good tips to get a good night's sleep?**
- a) Relax and spend lots of time in your bed when you are not sleeping so your mind gets used to it.
  - b) Try not to toss and turn and get frustrated by constantly looking at the clock.
  - c) Think calm thoughts and take the pressure off from those pressure thoughts.
  - d) Keep all your good ideas and worries throughout the day to think about at bedtime.
- 7. Which of the following are also good tips to get a good night's sleep?**
- a) Cut out daytime naps especially late afternoon/evening ones.
  - b) No caffeine in the evening hours.
  - c) Do lots of exercise just before you go to sleep.
  - d) A loud bright room will force your brain to shut down and go to sleep.
- 8. Which of these sleep facts are true?**
- a) Humans can survive longer without food than without sleep.
  - b) A warm bath before bed can help you fall asleep faster.
  - c) Eating cheese before bed gives you nightmares.
  - d) You can properly catch up on all missed sleep during the week, over Shabbos.
- 9. How about these fun sleep facts. Which are true?**
- a) You can train yourself to function well on just a few hours of sleep.
  - b) The average person spends about 25 years of their life asleep.
  - c) The older you get, the fewer hours of sleep you need.
  - d) Hitting the snooze button gives you great quality of extra sleep.
- 10. Why wasn't I sure whether to put this hack into the book?**
- a) It's boring and poorly written.
  - b) I wanted to get to the end of the book already.
  - c) I was so tired at the time from writing this book so late at night.
  - d) Many teens know how important sleep is but don't want to make changes.

# Answers

1. C
2. A, B, C
3. D
4. A, C (D might get you to bed quicker but keep you up longer)
5. C
6. B, C
7. A, B (Not C as for many exercise can actually wake you up!!)
8. A, B
9. B
10. D