SLEEP TEST

Read each of the statements below. After reading, consider whether you think the statement is true or false. Defend your answer. We will discuss these as a class.

1. During sleep your brain rests.

2. You can not learn to function normally with one or two fewer hours of sleep a night than you need.

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

4. Resting in bed with your eyes closed cannot satisfy your body’s need for sleep.

5. Snoring is not harmful, as long as it doesn’t disturb others or wake you up.

6. Everyone dreams at night.

7. The older you get, the fewer hours of sleep you need.

8. Most people don’t know when they are sleepy.

9. Raising the volume of your radio will help you stay awake while driving.

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

11. The human body never adjusts to night shift work.

12. Most sleep disorders go away, even without treatment.