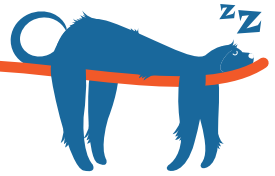


Sleep quiz



Check out what you know!

Tick True or False for each of these

	True	False
When you sleep, your body and brain shut down completely in order to rest	<input type="checkbox"/>	<input type="checkbox"/>
Adults need less sleep as they get older	<input type="checkbox"/>	<input type="checkbox"/>
I can miss out on a few hours sleep and make it up at the weekend	<input type="checkbox"/>	<input type="checkbox"/>
Going without sleep for a long period of time can make you hallucinate	<input type="checkbox"/>	<input type="checkbox"/>
Not getting enough sleep will affect how you do at school	<input type="checkbox"/>	<input type="checkbox"/>
Snoring is just annoying but doesn't affect your sleep	<input type="checkbox"/>	<input type="checkbox"/>
The body has a natural ability to adapt quickly to being in a different time zone	<input type="checkbox"/>	<input type="checkbox"/>
Lack of sleep will make you tired but it will not affect other aspects of your health	<input type="checkbox"/>	<input type="checkbox"/>
Sleep helps you grow	<input type="checkbox"/>	<input type="checkbox"/>
Getting enough sleep will help you avoid obesity	<input type="checkbox"/>	<input type="checkbox"/>
Sleep makes you brainy	<input type="checkbox"/>	<input type="checkbox"/>