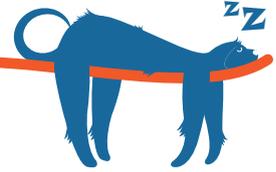


Sleep quiz - teachers' notes



Check out what you know!

Tick True or False for each of these

	True	False
<p>When you sleep, your body and brain shut down completely in order to rest</p> <p>False - The body and brain are both very active restoring, retaining, learning, producing hormones and boosting the immune system</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Adults need less sleep as they get older</p> <p>False - All adults need between 6 - 8 hours sleep a night. Teenagers' sleep is different from adults' sleep. Teenagers need 9 - 9¼ hours sleep per night</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>I can miss out on a few hours sleep and make them up at the weekend</p> <p>False - If you're not sleeping enough during the week, it can't be made up at the weekend by sleeping later. You may find Monday morning even more difficult to deal with</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Going without sleep for a long period of time can make you hallucinate</p> <p>True - It takes about 7 days to start to hallucinate, but completing simple cognitive tests will be affected after only one day without sleep</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Not getting enough sleep will affect how you do at school</p> <p>True - Learning is completed during the night when you sleep. The brain stores different types of learning in different parts of the brain and it has to do it when you are not distracted with external stimuli</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Snoring is just annoying but doesn't affect your sleep</p> <p>False - Snoring may be indicative of other underlying conditions that will seriously reduce your ability to sleep well. Get it checked out!</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>The body has a natural ability to adapt quickly to being in a different time zone</p> <p>False - The body will adapt but it isn't quick. It can take several days to readjust and during that time you may feel very tired and unable to function properly</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Lack of sleep will make you tired but it will not affect other aspects of your health</p> <p>False - Not sleeping will affect how you feel emotionally and physically. There is a link between sleep deprivation and heart conditions, diabetes, obesity, depression and anxiety</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Sleep helps you grow</p> <p>True - Growth hormone is released during sleep and apart from helping you grow the same hormone helps combat fat in the body</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Getting enough sleep will help you avoid obesity</p> <p>True - If you are getting less than the 9 hours sleep required for teenagers, you could be 3 times more likely to be obese</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p>Sleep makes you brainy</p> <p>True - Sleep lets your brain store new learning from the daytime into long-term memory. Research has shown that the better you sleep, the higher your marks may be at school</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>