

Quiz for Module: Sleep

Name _____

Date _____

1. The best range for reasonable sleep is:
 1. 4 to 9 hours
 2. 5 to 7 hours
 3. 6 to 8 hours

2. REM sleep occurs every night every _____ minutes. This is the time your body can truly relax and let go.
 1. 30
 2. 60
 3. 90

3. Leptin is a hormone that signals to your brain:
 1. When you need to get up to use the bathroom at night
 2. When you are sleep walking
 3. When you have had enough to eat

4. Leptin may be reduced in the body because of:
 1. Too many lights on in the bedroom
 2. Watching TV before bed
 3. Reading bad news on the computer before bed
 4. Drinking a triple latte before bed
 5. All of the above

5. Great tips right before bed include:
 1. Get in a heated argument with your friend before bed
 2. Throw your clothes on the floor
 3. Eat a big meal with lots of protein
 4. Drink Chamomile tea

Answers listed below.

1. 3
2. 3
3. 3
4. 5
5. 4