

Sleep Quiz

Answer True or False

1. Snoring is a common problem, especially among males, but it isn't harmful.
2. You can be flexible on the amount of sleep you get.
3. It is important to maintain a regular bed and wake time schedule including weekends.
4. One way to establish a regular, relaxing bedtime routine is to try soaking in a hot bath and then reading a book or listening to soothing music.
5. Young people that fall asleep in class have bad habits and/or are lazy.
6. Insomnia is characterised by difficulty falling asleep.
7. It is best to use your bedroom only for sleep.
8. Daytime sleepiness always means a person isn't getting enough sleep.
9. Health problems such as obesity, diabetes, hypertension and depression are unrelated to the amount and quality of a person's sleep.