

Sleep Quiz Answers and Explanations

1. False. Although snoring may be harmless for most people, it can be a symptom of a sleep apnea, especially if it is accompanied by severe daytime sleepiness. Sleep apnea is characterised by pauses in breathing that prevent air from flowing into or out of a sleeping person's airways. People with sleep apnea awaken frequently during the night gasping for breath. Snoring on a frequent or regular basis has also been directly associated with hypertension.

2. False. Sleep experts say most young people need between nine and eleven hours of sleep each night for optimum performance, health and safety. When we don't get adequate sleep, we accumulate a sleep debt that can be difficult to "pay back" if it becomes too big. The resulting sleep deprivation has been linked to health problems such as obesity and high blood pressure, negative mood and behaviour and safety issues in the home and on the road.

3. True. Our sleep-wake cycle is regulated by a "circadian clock" in our brain and the body's need to balance both sleep time and wake time. A regular waking time in the morning strengthens the circadian function and can help with sleep onset at night. That is also why it is important to keep a regular bedtime and wake-time, even on the weekends when there is the temptation to sleep-in.

4. True. A relaxing, routine activity right before bedtime helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep. Avoid arousing activities before bedtime like working, paying bills, engaging in competitive games or family problem-solving. Avoid exposure to bright before bedtime because it signals the neurons that help control the sleep-wake cycle that it is time to awaken, not to sleep.

5. False. According to sleep experts, young people need between nine and eleven hours of sleep each night, compared to an average of seven to nine hours each night for most adults. Their internal biological clocks also keep them awake later in the evening and keep them sleeping later in the morning. However, many schools begin classes early in the morning, when a young person's body wants to be asleep. As a result, many young people come to school too sleepy to learn.

6. False. Difficulty falling asleep is just one of four symptoms generally associated with insomnia. The others include waking up too early and not being able to fall back asleep, frequent awakenings, and waking up feeling un-refreshed. Insomnia can be a symptom of a sleep disorder or other medical or psychological/psychiatric problem, and can often be treated. When insomnia symptoms occur more than a few times a week and impact a

person's daytime functions, the symptoms should be discussed with a doctor or other health care provider

7. True. It is best to take work materials, computers and televisions out of the sleeping environment. Use your bed only for sleep to strengthen the association between bed and sleep. If you associate a particular activity or item with anxiety about sleeping, omit it from your bedtime routine. For example, if looking at a bedroom clock makes you anxious about how much time you have before you must get up, move the clock out of sight. Do not engage in activities that cause you anxiety and prevent you from sleeping.

8. False. Daytime sleepiness is a condition in which an individual feels very drowsy during the day and has an urge to fall asleep when he/she should be fully alert and awake. The condition, which can occur even after getting enough night-time sleep, can be a sign of an underlying medical condition or sleep disorder such as narcolepsy or sleep apnea. These problems can often be treated, and symptoms should be discussed with a physician. Napping is a recommended activity if done for roughly 20mins and felt to be a refreshing activity. In some cultures people practice a siesta and sleep in the afternoon

9. False. Studies have found a relationship between the quantity and quality of one's sleep and many health problems. For example, insufficient sleep affects growth hormone secretion that is linked to obesity; as the amount of hormone secretion decreases, the chance for weight gain increases. Blood pressure usually falls during the sleep cycle. However, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems. Research has also shown that insufficient sleep impairs the body's ability to use insulin, which can lead to the onset of diabetes. More and more scientific studies are showing correlations between poor and insufficient sleep and disease.