

# What Do You Know (or Think You Know) about Sleep?

Name \_\_\_\_\_

Date \_\_\_\_\_

Indicate whether you agree or disagree with the following statements by circling “Agree” or “Disagree.”

- |   |       |          |
|---|-------|----------|
| 1. Everyone has a biological clock.   | Agree | Disagree |
| 2. Drinking coffee cures drowsiness.  | Agree | Disagree |
| 3. Safe drivers don't have to worry about being sleepy.   | Agree | Disagree |
| 4. Nearly everyone gets enough sleep.   | Agree | Disagree |
| 5. Being sleepy makes it hard to think straight.  | Agree | Disagree |
| 6. Most teenagers need at least nine hours of sleep each night.   | Agree | Disagree |
| 7. Driving makes you sleepy.  | Agree | Disagree |
| 8. Sleep is time for the body and brain to shut down for rest.  | Agree | Disagree |
| 9. The body quickly adjusts to different sleep schedules.   | Agree | Disagree |
| 10. Getting one hour less sleep per night than I need will not have any effect on my daytime performance. | Agree | Disagree |