Name: _____

Current Health 2 checkup

Sleep Smarts

Directions: Read the article "School Daze" (page 18). Answer the following questions by circling *T* for true or *F* for false.

Part 1

1. Teens don't need more than seven hours of sleep each night. **T** **F**

2. Drinking too many caffeinated beverages can affect your ability to sleep. **T** **F**

3. A shift in the circadian rhythm, due to puberty's hormonal changes, often keeps teens up late at night. **T** **F**

4. Sleeping until noon on weekends and vacation days won't affect your sleep habits. **T** **F**

5. To sleep well, you shouldn't exercise during the three hours before bedtime. **T** **F**

6. Lack of sleep improves your immune system. **T** **F**

7. Students whose school days start later seem less sleepy during classes. **T** **F**

8. Bright lights make you sleepy because they affect production of melatonin, a hormone. **T** **F**

9. If you go to bed at 11 p.m., you shouldn't eat or drink anything after 6 p.m. **T** **F**

10. When you're sleep-deprived, your ability to drive a car suffers. **T** **F**

Part 2

How much sleep do you usually get each night? Do you feel it is enough? Why or why not?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Current Health is a federally registered trademark of Weekly Reader Corporation. Copyright © 2007 by Weekly Reader Corporation. Weekly Reader grants teacher-subscribers permission to reproduce this page for use in their classrooms only.