



**Managing Sleep:
Feel Awake & Rested
Concise**

Quiz

ANSWERS TO THE REVIEW QUESTIONS

1. c

2. a

3. b

4. c

5. c

6. c

7. b

8. b

MANAGING SLEEP:
Feel Awake & Rested (Concise)
REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. A recent survey found that _____ of workplace injuries could be contributed to fatigue.
 - a. 3 percent
 - b. 10 percent
 - c. 13 percent

2. _____ sleep is also called light sleep or sleep onset.
 - a. Stage 1
 - b. Stage 2
 - c. Stage 3
 - d. Stage 4

3. About half of our sleep time is spent in _____ sleep.
 - a. Stage 1
 - b. Stage 2
 - c. Stage 3
 - d. Stage 4

4. The cycle of Stage 1 through REM sleep typically averages about _____.
 - a. 30 minutes
 - b. An hour
 - c. 90 minutes

5. To manage our sleep and to feel the most rested, it's important that we wake up after _____ sleep.
 - a. Stage 3
 - b. Stage 4
 - c. REM

6. It is recommended that you avoid TV, computer and mobile device screens for _____ or more before going to sleep.
 - a. 15 minutes
 - b. 30 minutes
 - c. An hour

8. If your thoughts prevent you from falling asleep after going to bed, you should check your clock frequently to help you get to sleep.
 - a. True
 - b. False

8. After arriving home from a night shift, you should take 30 minutes to an hour to wind down before going to bed.
 - a. True
 - b. False