

Name: _____

Date: _____

Sleeping and Studying Quiz

1. How many hours of sleep do most teens need each night?
2. What hormone do teens' bodies produce later at night, making it harder for them to fall asleep earlier?
3. Name three signs of inadequate sleep.
4. Name five ways to sleep better.
5. True or false: Research shows that not getting enough sleep can result in lower grades.
6. How many minutes can most people concentrate well?
7. True or false: Most people need to try a number of times to memorize information.
8. True or false: Taking a 15-minute break in after about 45 minutes of studying can help your mind stay fresh and focused.
9. True or false: Copying and organizing notes after class is an inefficient use of time.
10. True or false: Staying up late studying the night before a test is a smart way to get a good grade.