

HOW MUCH DO YOU KNOW ABOUT SLEEP?

You may consider yourself an expert on staying in bed – but how much do you really know about sleep?!

Answer the following questions...if you can stay awake that long!

1. What is the longest anyone has ever gone without sleep?
 - a) three days
 - b) one week
 - c) eleven days

2. It is possible to sleep with your eyes open. **True or False?**

3. Which of the following symptoms can result from sleep deprivation?
 - a) hair loss
 - b) blurred vision
 - c) hallucinations
 - d) paranoia

4. Eating cheese before bedtime gives you nightmares. **True or False?**

5. Drinking alcohol makes you snore louder. **True or False?**

6. Ducks do not sleep. **True or False?**

7. Children need less sleep as they get older. **True or False?**

8. Elephants can sleep and dream standing up. **True or False?**

9. Dreams only occur in the first hour of sleep. **True or False?**

10. Lack of sleep makes you get drunk faster. **True or False?**

HOW MUCH DO YOU KNOW ABOUT SLEEP: ANSWER SHEET

1. The record for going without sleep is eleven days – set by a seventeen year old high school student in 1965.
2. **True.** Sleepwalkers are often reported to have their eyes open despite being technically asleep.
3. All of these- except a) are symptoms of severe sleep deprivation. However, our ability to concentrate or remember things is noticeably reduced after just one interrupted nights sleep.
4. **False.** There's no proof cheese causes nightmares – but it may keep you awake. Cheese contains a chemical which stimulates the body, making it harder to fall asleep.
5. **True.** Alcohol relaxes the tissues in your throat, making them vibrate more and therefore create a louder sound!
6. **False.** Ducks do sleep – but only with half their brain. Presumably the other half is busy keeping them afloat...!
7. **False.** Teenagers need roughly the same amount of sleep as newborn babies – about 10 hours. Sleep requirements vary from one person to another – but on average it is likely that you will be over 65 before you need less than 8 hours a night.
8. **False.** Elephants can sleep standing up – but they lie down when they enter the phase of sleep where dreaming occurs.
9. **False.** It used to be thought that dreams only occurred in REM sleep, the first phase of 'light' sleep. However scientists have now found that we also dream in deep sleep, and in fact some believe that we are dreaming the whole time we are asleep.
10. **True.** After five nights of shortened sleep, the effects of alcohol on the brain are doubled.