

## **Sleep Knowledge**

This is a survey of your knowledge about some basic concepts of sleep and circadian rhythms.

For the following questions, please indicate your response by filling in the best answer: T--true; F=false; DK=don't know

1. Performance begins to deteriorate after being up for more than 16 consecutive hours.
2. A good time to take a nap is in the evening (between 7 and 10pm.).
3. Most adults need at least 8 hours of sleep a night to function well.
4. Recovery from sleep loss usually takes about 2 days.
5. Good strategies to use when falling asleep at the wheel include opening the car window and turning up the radio.
6. Consumption of alcohol near bedtime decreases the time to sleep onset, but disrupts sleep later in the night.
7. Most individuals are able to gauge when they are too sleepy to drive safely.
8. A boring lecture or a dark room can cause sleepiness.
9. Adults can generally adapt to getting less sleep over time.
10. The stimulant effects of caffeine last about three to five hours.
11. Bright light exposure while driving home after a night shift helps to reset the circadian clock and facilitates sleep.
12. Individuals who are "night owls" have more difficulty adapting to working night shifts.
13. The optimal duration of a nap is about 45 minutes.
14. It is possible to fall asleep briefly and not be aware of it.
15. It takes about 3 days to adapt to working night shifts.

Answers: (T, F, T, T, F, T, F, F, F, T, F, T, F, T, F)