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# Sleep Trivia!

Sleep is absolutely essential for overall wellness and proper bodily function. Let's find out how much you know about it! Compete with your classmates to guess the correct answer to the following trivia questions about sleep. The winning team earns the satisfaction of bragging rights :)



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1. Just one night of sleep deprivation can create the effect of:

- a. Type II Diabetes**
- b. Rabies
- c. Ear Infection



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2. Men who only sleep 5-6 hours a night have the testosterone level of someone who is \_\_\_\_\_ years older than them.

- a. 5
- b. 7
- c. 10**



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3. Adults need \_\_\_\_\_ hours of sleep per night.

- a. 5-6
- b. 7-8**
- c. 9-10



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4. Adolescents need approximately \_\_\_\_\_ hours of sleep per night.

- a. 5
- b. 7
- c. 10**



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5. \_\_\_\_\_ is the neurotransmitter that signals the body that it is time to sleep.

- a. Cortisol
- b. Epinephrine
- c. Melatonin**



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6. Lack of sleep makes the ability to create \_\_\_\_\_  
very difficult:

- a. memories**
- b. skin cells
- c. urine



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7. After just one night of 4-5 hours of sleep, there is \_\_\_\_\_ % reduction in critical anticancer-fighting immune cells called natural killer cells.

- a. 50
- b. 60
- c. 70**





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8. A lack of sleep can make us more:

- a. compassionate
- b. creative
- c. moody**



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9. When someone has been awake for \_\_\_\_\_ hours, mental capacity is so impaired that they are as deficient as someone who is legally drunk behind the wheel of a car.

- a. 15
- b. 20**
- c. 25



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10. Sleeplessness does NOT cause the following.

- a. inflammation
- b. **dehydration**
- c. high blood pressure



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11. Sleep deprivation is linked to an inability to:

- a. lose weight**
- b. take a shower
- c. exercise



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12. Women who get fewer than \_\_\_\_\_ hours of sleep per night are two times as likely to die prematurely from heart disease.

- a. 4**
- b. 5
- c. 6



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13. If you regularly get less than six hours of sleep, you have a \_\_\_\_\_ % increased risk of suffering from a fatal heart attack in your lifetime.

- a. 100
- b. 200**
- c. 300



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14. \_\_\_\_\_ is a rare inherited genetic mutation that places the body in a nightmarish state of wakefulness that can lead to dementia and even death.

- a. Narcolepsy
- b. Restless Leg Syndrome
- c. Fatal Familial Insomnia**



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15. On the day after daylight savings in the spring (when we lose an hour of sleep), there is a \_\_\_\_\_ % increase in heart attacks the following day.

- a. 24**
- b. 43
- c. 56





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16. Men with poor sleep quality are \_\_\_\_\_ times more likely to suffer a stroke.

- a. 4**
- b. 6
- c. 8



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17. In 2014, a devoted soccer fan died (due to stroke) after staying awake for \_\_\_\_\_ hours to watch the World Cup.

- a. 24
- b. 36
- c. 48**



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18. We can stay awake for \_\_\_\_\_ hours before seeing mental and physiological deterioration in the body.

- a. 12
- b. 16**
- c. 24



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19. \_\_\_\_\_ % of Americans have difficulties sleeping every night.

- a. 40
- b. 50
- c. 60**



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20. Continuous sleep issues are NOT linked to the this concern:

- a. depression
- b. memory loss
- c. phobia**



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21. A lack of sleep is associated with the buildup of a toxic protein called beta amyloid, which is associated with:

- a. Parkinson's Disease
- b. Hashimoto's Thyroiditis
- c. Alzheimer's Disease**



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22. A Lancet study found that sleep deprived doctors make errors \_\_\_\_\_ % more than those who are well rested:

- a. 10%
- b. 20%**
- c. 50%



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23. The brain's waste disposal system, called the glymphatic system, is \_\_\_\_\_ times more active during sleep than wakefulness.

- a. 10**
- b. 11
- c. 12





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24. Extreme sleep deprivation will NOT lead to:

- a. hallucinations
- b. hoarding**
- c. paranoia



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25. Lack of sleep is associated with \_\_\_\_\_  
imbalances.

- a. hormonal**
- b. lymphatic
- c. parasite



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26. The inability of your brain to remove harmful waste products is believed to be one of the foundational causes of:

- a. Bipolar Disorder
- b. Autism Spectrum Disorder
- c. Alzheimer's Disease**



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27. When you don't get enough sleep, you are much more likely to:

- a. get sick**
- b. have slower reaction time**
- c. have impaired decision making skills**

(trick question - it's all of the above!)



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28. Two days of sleep deprivation will make your:

a. blood less able to clot

**b. eyes less able to focus**

c. hair stop growing



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29. It is estimated that \_\_\_\_\_ % of American teens are regularly sleep-deprived:

- a. 12
- b. 66**
- c. 92



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30. Adults say that \_\_\_\_\_ is the night of week in which they have the most trouble falling asleep

- a. **Sunday**
- b. Monday
- c. Friday



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## References:

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