



# SLEEP SMARTER. PERFORM BETTER.

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## SLEEP MYTHBUSTERS!

When it comes to sleep, how well do you know fact from fiction? Kids and adults can test their knowledge with this quiz. Answers are located at the bottom of the page.

- 1 Your brain shuts down when you sleep<sup>1</sup>  
A. TRUE B. FALSE
- 2 It is safe to wake up a sleepwalker<sup>1</sup>  
A. TRUE B. FALSE
- 3 Eating turkey makes you more sleepy than other foods<sup>2</sup>  
A. TRUE B. FALSE
- 4 One of the best ways to get good sleep is to eat a snack right before bed<sup>1</sup>  
A. TRUE B. FALSE
- 5 All people dream while they sleep<sup>1</sup>  
A. TRUE B. FALSE
- 6 If you miss sleep during the week, you can catch-up by sleeping late on the weekend<sup>1</sup>  
A. TRUE B. FALSE
- 7 Driving while sleep-deprived is just as dangerous as driving while intoxicated<sup>4</sup>  
A. TRUE B. FALSE
- 8 Sleeping can help you grow new brain cells<sup>1</sup>  
A. TRUE B. FALSE
- 9 The best time length for a nap to wake up feeling energized is 1 hour<sup>3</sup>  
A. TRUE B. FALSE
- 10 Lack of sleep can lead to weight gain<sup>1</sup>  
A. TRUE B. FALSE

ANSWERS: 1. FALSE; 2. TRUE; 3. FALSE; 4. FALSE; 5. TRUE; 6. FALSE; 7. TRUE; 8. TRUE; 9. TRUE; 10. TRUE

## REFERENCES

1. Myers, D. G. & DeWall, C. N. (2016). Sleep and dreams. *In Exploring psychology in modules, 10th edition* (pp. 87-102). New York, NY: Worth Publishers.
2. Oklahoma Medical Research Foundation. (2018). Mythbusters: Turkey doesn't really make you sleepy. Retrieved from <https://omrf.org/2018/11/19/mythbusters-turkey-doesnt-really-make-you-sleepy/>
3. National Sleep Foundation. (2019). Working new hours? How to reset your sleep routine. Retrieved from <https://www.sleepfoundation.org/articles/working-new-hours-how-reset-your-sleep-routine>
4. National Sleep Foundation. (2019). Drowsy driving vs. drunk driving: How similar are they? Retrieved from <https://sleepfoundation.org/sleep-topics/drowsy-driving-vs-drunk-driving-how-similar-are-they>