

Chapter 8 Test, Sleep and Relaxation

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others. At the end is a short answer question.

1. If you're not sleeping right, you might make bad choices: True False
2. Doing the same thing every night is called a _____.
3. Name two great bedtime snacks that might make you drowsy: _____
4. Playing hard right before bed is a good idea: True False
5. It's best not to eat more than _____ hour before bed.
6. You are _____ when you don't get enough sleep.
7. How many hours of sleep should kids in elementary school get at night? _____
8. Which one of these drinks has caffeine?
Milk Yellow soda Plain water Orange juice
9. Missing sleep does not cause any problems for anybody: True False
10. In complete sentences, write out two habits that might be part of a good bedtime routine.

Fill in the blank choices:

Peanuts
Sleep deprived
Milk
Ten
Peanut Butter
One
Routine
Cheese
Turkey
Eleven