

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.

1. When your brain is awake, your _____ are ready to keep you from getting hurt.
2. A lack of sleep may make you gain weight: Yes No
3. A snack at night, especially one with _____ may help you relax.
4. What percent of adult are sleep deprived? 30% 40% 50% 75%
5. Avoiding drinks with _____ may help you sleep better.
6. How much of your life does sleep affect?
None of it Some of it Just the morning All parts of it
7. You may make bad decisions when you are tired because your _____ is not at its best.
8. Your brain can give out the wrong directions to your body when you're sleep deprived:
True False
9. Sleep is like a _____ because it recharges your body.
10. Name two of the problems lack of sleep can cause. _____

Fill in the blank choices:

Battery
Accident
Judgment
Behavior problems
Reflexes
Moodiness
Caffeine
Overweight bodies
Illness
Routine