

Name: _____

Date: _____

Lesson 17: Sleep HS Assessment

1. What primarily influences circadian rhythms?
 - a. Hormone production
 - b. Light
 - c. Physical activity
 - d. Social environment
2. Which gland releases melatonin in response to darkness?
 - a. Thyroid
 - b. Pituitary
 - c. Pineal
 - d. Adrenal
3. What is one of the main reasons we feel sleepy at night?
 - a. Increased food intake
 - b. Circadian rhythms
 - c. Social interaction
 - d. Exercise
4. How many hours of sleep do newborns typically need per day?
 - a. 10-12 hours
 - b. 12-16 hours
 - c. 14-17 hours
 - d. 8-10 hours
5. What is a potential consequence of chronic sleep loss?
 - a. Increased metabolism
 - b. Improved concentration
 - c. Cardiovascular disease
 - d. Enhanced reflexes
6. Which of the following can negatively impact nighttime sleep if taken too late?
 - a. Naps
 - b. Caffeine
 - c. Melatonin
 - d. Exercise
7. What age group is recommended to get 8-10 hours of sleep per night?
 - a. Adults (18 and older)
 - b. Elderly People (65 or older)
 - c. Teenagers (13 to 18)
 - d. Young children (1 to 5)

8. What is melatonin primarily responsible for?
 - a. Increasing energy levels
 - b. Inducing sleepiness
 - c. Enhancing memory
 - d. Regulating appetite
9. Which health issue is NOT commonly associated with poor sleep quality?
 - a. Weakened immune function
 - b. Chronic fatigue
 - c. Enhanced cognitive function
 - d. High blood pressure
10. What common ingredient in energy products is a stimulant?
 - a. Guarana
 - b. Protein
 - c. Fiber
 - d. Electrolytes
11. What is one reason people may feel they need "energy" products?
 - a. Proper nutrition
 - b. Balanced sleep
 - c. Marketing strategies
 - d. Adequate hydration
12. Which activity is NOT affected by circadian rhythms?
 - a. Hormone release
 - b. Social behavior
 - c. Cellular resupply
 - d. Digestive function
13. What is the recommended bedtime for teenagers who need to wake up at 6:00 am?
 - a. 8:00 pm - 8:30 pm
 - b. 9:00 pm - 9:30 pm
 - c. 10:00 pm - 10:30 pm
 - d. 7:00 pm - 7:30 pm
14. Caffeine affects which type of receptors in the brain?
 - a. Serotonin receptors
 - b. GABA receptors
 - c. Adenosine receptors
 - d. Dopamine receptors
15. What does caffeine primarily do in relation to tiredness?
 - a. Increases sleep duration
 - b. Provides energy
 - c. Masks feelings of tiredness
 - d. Induces relaxation
16. Which group of students reported the highest rates of insufficient sleep?

- a. College students
 - b. Elementary students
 - c. Middle school students
 - d. Preschoolers
17. What happens to adenosine receptors with high caffeine consumption over time?
- a. They decrease in number
 - b. They become less sensitive
 - c. They become more sensitive
 - d. They disappear completely
18. Which sleep-related activity is performed by the brain during sleep?
- a. Blood circulation
 - b. Hormone production
 - c. Information cataloging
 - d. Muscle strengthening
19. What is the general recommendation for naps to avoid disrupting nighttime sleep?
- a. Take them late in the evening
 - b. Keep them short and early in the day
 - c. Avoid them entirely
 - d. Make them longer than 2 hours
20. What can chronic sleep loss lead to in children?
- a. Improved academic performance
 - b. Hyperactivity and aggression
 - c. Enhanced social skills
 - d. Better mood regulation

Answer Key

1. (B)
2. (C)
3. (B)
4. (C)
5. (C)
6. (B)
7. (C)
8. (B)
9. (C)
10. (A)
11. (C)
12. (D)
13. (A)
14. (C)
15. (C)
16. (C)
17. (B)
18. (C)
19. (B)
20. (B)