

Name: \_\_\_\_\_

Date: \_\_\_\_\_

- 1 Which of the following performance related health habits is the most over looked by athletes and student?
  - A sleep
  - B nutrition
  - C cool down routines
  - D hydrotherapy
  - E yoga
  
- 2 The body's built in clock, the suprachiasmatic nucleus, regulates what component of our biological make-up?
  - A digestion
  - B circadian rhythm
  - C rapid eye movement (REM)
  - D respiration
  
- 3 With all outside stressors removed how many hours a day would/should a teenager sleep?
  - A 8
  - B 5
  - C 7
  - D 9
  
- 4 Which of the following is NOT one of the five stages of sleep?
  - A Light sleep, stage one
  - B Light sleep, stage two
  - C moderate sleep
  - D deep sleep, stage one
  - E deep sleep, stage two
  - F rapid-eye-movement (REM) sleep
  
- 5 During which stages of sleep are the natural physical and mental processes at the peak of their restoration?
  - A Deep sleep
  - B Light sleep
  - C REM
  - D Restorative sleep
  
- 6 For athletic performance a lack of sleep can produce a decrease in time to exhaustion.
  - A True
  - B False

- 7 Which of the following mental abilities are affected by sleep deprivation?
- A reaction time
  - B stress level
  - C alertness
  - D irritability
  - E overall energy level
  - F all of the above
- 8 It is normal for students suffering from sleep deprivation to be aware of their decreased mental and physical capabilities?
- A True
  - B False
- 9 The following involves the use of a dictionary. Look up the following words and write down the definition of each word.
1. APNEA
  2. NARCOLEPSY
  3. INSOMNIA
- A (Performance Question)

Answer Key : "The ZZZ Factor "Article Test

Question:	Answer
1	A
2	B
3	D
4	C
5	A
6	A
7	F
8	B
9	