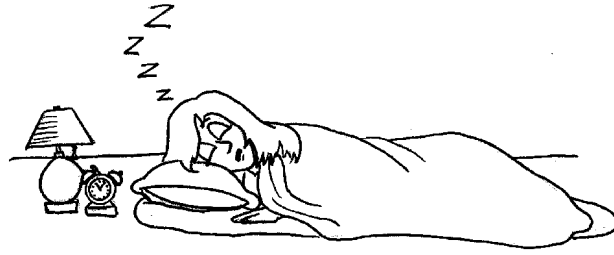


May is *SLEEP*
AWARENESS
MONTH.



Take this quiz from the Wellness Center; find out how much you **REALLY** know.

Turn in to the Wellness Center to **win a FREE sleep kit.** Finals are coming up, you will need as much sleep as you can get!

1) If you stayed up all night long studying for exam what should you do...

- A. as soon as the test is over take a long nap
- B. wait until after lunch and then take a long nap
- C. go to bed earlier
- D. sleep in the next morning

2) True or False? If you can not get enough sleep during the week due to your busy schedule try to sleep much longer on weekend to catch up.

3) How long does the sleep cycle usually last?

- A. 20-40 minutes
- B. 40-80 minutes
- C. 90-110 minutes
- D. 120-140 minutes

4) What is the most common factor that leads to poor quality of sleep among US college students?

5) What is the optimal length of sleep and what is it determined by?

6) True or False? Biological clocks are parallel to a day and night cycle