MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) We spend about one–_______ of our lives sleeping.
   A) half    B) fifth    C) fourth    D) third

2) Almost everyone goes through the same stages of sleep.

3) Each of the following is true of sleep EXCEPT _______.
   A) all reptiles, fish, and amphibians sleep
   B) all birds and mammals sleep
   C) no one knows exactly why we need to sleep
   D) when people are sleep-deprived, merely resting does not satisfy them

4) Stage 4 sleep is marked by the emission of alpha waves by the brain.

5) Each of the following is true of sleep EXCEPT _______.
   A) adequate sleep slows down the aging process
   B) adequate sleep allows people to generate more insightful solutions when solving problems
   C) adequate sleep boosts our immune response, making us less susceptible to disease
   D) adequate sleep restores people physically and mentally

6) Researchers investigating sleep _______.
   A) have not been able to fully explain why we sleep
   B) have observed a decrease in protein synthesis while we sleep
   C) have found a substance created only during sleep
   D) have identified a substance destroyed during sleep

7) The naturally occurring chemical _______ appears to trigger sleepiness.
   A) acetylcholine    B) epinephrine    C) thyroxin    D) adenosine

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

8) REM sleep is usually called paradoxical sleep.

9) We spend about one–fifth of our lives in sleep.
MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

10) Elevated levels of the chemical adenosine in the brain triggers ______. 10) ______
   A) sleepiness B) wakefulness
   C) a hypnotic-like trance D) insomnia

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

11) All birds and mammals sleep. 11) ______

12) All body cycles follow the same pattern. 12) ______

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

13) At any given time, about ______ million Americans suffer from chronic, long-term sleep disorders. 13) ______
   A) 50 B) 70 C) 90 D) 30

14) Approximately ______ percent of children experience at least one episode of either sleepwalking or sleeptalking before adolescence. 14) ______
   A) 60 B) 40 C) 80 D) 20

15) Most episodes of sleepwalking and sleeptalking occur during ______ sleep. 15) ______
   A) Stage 3 B) Stage 4 C) REM D) Stage 2

16) At any given time, about ______ million Americans experience occasional sleep problems. 16) ______
   A) 20 B) 40 C) 80 D) 60

17) There is a link between sleep and ______. 17) ______
   A) stroke but not asthma B) asthma but not stroke
   C) both asthma and stroke D) neither asthma nor stroke

18) Each of the following is true of night terrors EXCEPT ______. 18) ______
   A) their characteristics are very similar to those seen with nightmares
   B) children with them will usually push away anyone trying to comfort them
   C) people generally cannot be easily awakened from them
   D) they usually cannot be recalled the next morning

19) Nightmares occur in ______ sleep, and night terrors occur in ______ sleep. 19) ______
   A) nonREM; REM B) REM; REM
   C) nonREM; nonREM D) REM; nonREM

20) Night terrors usually occur in ______ sleep. 20) ______
   A) non-REM B) REM C) daytime D) irregular
21) Each of the following is true of sleepwalking **EXCEPT** _______.
   A) sleepwalking is more common among children than adults
   B) waking a sleepwalker is difficult
   C) waking a sleepwalker is dangerous

22) Each of the following is a sleep disorder **EXCEPT** _______.
   A) night terrors
   B) REM rebound
   C) narcolepsy
   D) insomnia

23) Insomnia is linked to each of the following **EXCEPT** _______.
   A) insomnia is sometimes the result of a larger psychological problem such as depression
   B) most episodes of insomnia are persistent and result from long-standing, deep-level psychological problems
   C) insomnia may result from poor bedtime and sleeping rituals
   D) loneliness can contribute to insomnia

24) Narcolepsy is believed to arise from _______.
   A) a defect in the central nervous system
   B) prolonged periods of excess stress
   C) lack of oxygen to the frontal lobes of the cerebral cortex

25) A sleep disorder characterized by breathing difficulty at night and feelings of exhaustion during the day is _______.
   A) narcolepsy
   B) cataplexy
   C) insomnia
   D) sleep apnea

26) People with narcolepsy fall immediately into _______ sleep during a narcoleptic episode.
   A) REM
   B) Stage 1
   C) Stage 2
   D) Stage 4

27) A sleep disorder characterized by sudden nodding off during the day and loss of muscle tone following moments of emotional excitement is _______.
   A) insomnia
   B) narcolepsy
   C) cataplexy
   D) apnea

28) Sleep apnea, if severe, _______ a person's risk of having a stroke or dying.
   A) slightly increases
   B) significantly lowers
   C) can double or triple
   D) slightly lowers

29) George suffers from sleep apnea. He is likely to experience all of the following **EXCEPT** _______.
   A) breathing difficulties at night
   B) muscle-tone loss after expressions of emotion
   C) exhaustion during waking hours

**TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.**

30) Sleep researchers advise those suffering from insomnia that when they cannot fall asleep, get out of bed and engage in unrelated activities until they get sleepy again.  

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