Sleep Survey:

Wake Up Call!
Rate Your Sleep Habits

1. Most nights, I sleep:
   a. under 6 hours
   b. 6-8 hours
   c. 9 or more hours

2. I usually make up for lost sleep by: (able to select more than one)
   a. Drinking caffeinated beverages.
   b. Sleeping late on the weekends.
   c. Adjusting my schedule.
   d. Adapting to less sleep.

3. I am likely to blow off sleep in order to: (able to select more than one)
   a. Study
   b. Work
   c. Party
   d. Watch T.V., Surf the Internet or Hang out with friends.
   e. I don’t blow off sleep.

4. If I become sleepy while driving I am likely to: (able to select more than one)
   a. Pull over and take a nap.
   b. Open the window.
   c. Turn up the music.
   d. Call someone for a ride.
   e. Drink a caffeinated beverage.

5. When I want a good night sleep I am most likely to: (able to select more than one)
   a. Take a warm bath.
   b. Read a book.
   c. Drink hot cocoa.
   d. Exercise earlier in the day.
   e. Consume an alcoholic drink.

Responses:
1. According to recent research, young adults (ages 12-25 years) need 9 or more hours of sleep a night – more than younger children or adults who need 8 or more hours. If you are getting only 6 hours of sleep a night you are most likely sleep deprived.
   a. According to recent research, young adults (ages 12-25 years) need 9 or more hours of sleep a night – more than younger children or adults who need 8 or more hours. If you are under the age of 25 and are getting only 6 - 8 hours of sleep a night you are most likely sleep deprived.
c. 9.5 hours is the recommended amount for young adults (ages 12-25) other adults need 7-8 hours of sleep.

2. 

a. Caffeinated beverages will not help you make up for lost sleep. They may help you stay awake for a short amount of time, but at some point the “sleep debt” must be paid.

b. You may not be able to pay off a “sleep debt” in one or two nights. It can take several days to get back to normal. Without paying the sleep debt you may remain sleep deprived.

c. Adjusting your schedule ensure you get the required amount of sleep is the best way to make up for lost sleep and prevent becoming sleep deprived.

d. Research suggests that you don’t actually adapt to getting less sleep than you need; while you may get used to a sleep-depriving schedule, your judgment, reaction time, and other functions are still impaired.

3. 

a. Blowing off sleep in order to study may not help your grades. People who are sleep deprived have difficulty concentrating, paying attention and are at high risk for poor performance in class.

b. Blowing off sleep in order to work may not help your productivity. People who are sleep deprived have difficulty concentrating, paying attention and are at high risk for poor performance at work.

c. Lack of sleep magnifies alcohol’s effects on the body, so a fatigued person who drinks will become more impaired than someone who is well rested. Additionally, Alcohol robs you of deep sleep and REM sleep. This keeps you in the lighter stages, therefore denying you the deeper restorative sleep and compounding the problem. (0 points)

d. When you are sleep deprived your judgment, reaction time and other functions become impaired. Blowing off sleep to watch t.v. or surf the internet can end up negatively impacting other areas of your life.

e. Good choice! Getting the proper amount of sleep is vital to maintaining good performance in class, at work and social situations.

4. 

a. Stopping and taking a 15-20 minute nap may help you stay awake during driving.

b. Opening the car window or turning the radio up may arouse you briefly, but it won’t keep you alert behind the wheel. Even mild drowsiness is enough to reduce concentration and reaction time.

c. Turning on the radio or opening the car window may arouse you briefly, but it won’t keep you alert behind the wheel. Even mild drowsiness is enough to reduce concentration and reaction time.

d. Calling for a ride is the only sure way to be certain you will get home safely.

e. Drinking caffeine may help for a short time, but judgment and reaction time may still be affected.
5.

a. Good Choice! Relaxing before bed can make it easier to fall asleep. A warm bath, especially when part of a routine, can help you relax. (2 points)
b. Good Choice! Relaxing before bed can make it easier to fall asleep. Reading, especially when part of a routine, can help you relax. (2 points)
c. Hot cocoa or tea, often contains caffeine, which acts as a stimulant and keeps you awake. Other sources of caffeine include: coffee, chocolate, soft-drinks, tea, diet drugs and pain relievers. (0 points)
d. Daily exercise will often help you sleep, although a workout too soon before bedtime may interfere with sleep. Exercise about 5 to 6 hours before bed is recommended. (2 points)
e. Alcohol robs you of deep sleep and REM sleep. This keeps you in the lighter stages, therefore denying you the deeper restorative sleep.