

# **SLEEP 101 – ASSESSMENT**

**Total Marks: 15**

**Name:** \_\_\_\_\_ **Date:**

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## **PART A: MULTIPLE CHOICE (5 marks)**

(1 mark each – circle the correct answer)

1. What is the main function of sleep?
  - a) To stop brain activity
  - b) To repair the body and consolidate memory
  - c) To increase energy instantly
  - d) To reduce breathing
2. During which stage do dreams mainly occur?
  - a) Stage 1
  - b) Stage 2
  - c) Stage 3
  - d) REM sleep
3. How long is one full sleep cycle?
  - a) 30 minutes
  - b) 60 minutes
  - c) 90–110 minutes
  - d) 3 hours
4. What is sleep debt?
  - a) Sleeping too much
  - b) Missing sleep over time

- c) Sleeping during the day
  - d) A sleep disorder
5. Which of the following affects sleep the most before bedtime?
- a) Drinking water
  - b) Reading a book
  - c) Using electronic devices
  - d) Stretching
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**PART B: TRUE OR FALSE (5 marks)**

(1 mark each – write T or F)

- 1. Stage 1 sleep is deep and hard to wake from. \_\_\_\_\_
  - 2. Sleep deprivation can affect reaction time and coordination. \_\_\_\_\_
  - 3. Teenagers need less sleep than adults. \_\_\_\_\_
  - 4. Caffeine should be avoided before bedtime. \_\_\_\_\_
  - 5. A dark and cool room improves sleep quality. \_\_\_\_\_
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**PART C: SHORT ANSWER (3 marks)**

(1 mark each)

- 1. Define REM sleep.
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2. What happens during Stage 2 (light sleep)?

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3. Give one effect of sleep deprivation.

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**PART D: APPLICATION QUESTION (2 marks)**

Sarah uses her phone late at night, drinks coffee in the evening, and sleeps at 1 AM. She feels tired during the day.

1. Identify TWO mistakes she is making.

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2. Suggest ONE improvement based on the lesson.

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## **SELF-EVALUATION RUBRIC**

Part A: 5 marks

Part B: 5 marks

Part C: 3 marks

Part D: 2 marks

TOTAL: \_\_\_\_\_ / 15

### **Reflection:**

13–15: Excellent understanding

10–12: Good, minor review needed

6–9: Developing understanding

0–5: Needs revision

## Answer Key

### MCQs:

1. b
2. d
3. c
4. b
5. c

### True/False:

6. False
7. True
8. False
9. True
10. True

### Short Answers:

11. REM sleep is the stage where dreaming occurs and brain activity is high while muscles are relaxed.
12. Eye movement stops and brain waves slow down as the body relaxes.
13. Slower reaction time / poor concentration / increased risk of illness (any one).

### Application:

14.
  - Mistakes: Using phone before bed, drinking caffeine late, sleeping too late (any two)
  - Improvement: Avoid screens before bed / stop caffeine earlier / follow a sleep routine (any one)