

TEST: SLEEP

Q1:	What muscle building hormone is optimised with adequate sleep ?
A:	
Q2:	Name three long-term health issues that poor sleep increases the risk of:
A:	a)
	b)
	c)
Q3:	What is the recommended sleep hours range from the sleep council for adults?
A:	
Q4:	What is the hormone that triggers sleep onset, and what time in the evening does it start to increase?
A:	a)
	b)

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Q5:	How long is one sleep cycle and how many should you have each night?
A:	a)
	b)
Q6:	What stages of sleep are termed as the anabolic window, and what timeframe does the anabolic window happen during sleep?
A:	a)
	b)
Q7:	What is social jet lag?
A:	
Q8:	What does SCN stand for and what environmental trigger helps the SCN determine circadian rhythm?
A:	a)
	b)

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Q9:	What can stop melatonin production in the evening?
A:	
Q10:	What temperature should your bedroom be for ideal sleep conditions?
A:	
Q11:	Why do you not remember when you drink too much alcohol?
A:	
Q12:	Why does alcohol increase risk of hypoglycaemia??
A:	
Q13:	Why does caffeine make it harder to sleep?
A:	

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Q14:	When is the wisest time to stop caffeine consumption in the day, provided you want a good nights sleep?
A:	
Q15:	What four things can you feed your gut to help you sleep?
A:	a)
	b)
	c)
	d)
Q16:	What time should you finish your workout by so it does not cause sleep issues?
A:	
Q17:	What does one night of poor sleep lead to for people with diabetes, and by how much?
A:	

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Q18:	What strategies will help prevent blood glucose issues causing problems with sleep?
A:	a)
	b)
	c)
	d)
	e)

TOTAL SCORE: /31

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