



Quiz:

Fatigue

1. How many adults don't get enough sleep each night.

- a. 1 in 3
- b. 1 in 4
- c. 1 in 5
- d. 1 in 6

2. Driving while drowsy increases crash risk by nearly 300 percent

- a. True
- b. False

3. While there is no magic number, most adults should get between 7-9 hours of sleep each day.

- a. True
- b. False

4. Which of the following are tips to promote regular healthy sleep:

- a. Create and follow a sleep schedule
- b. Take medicine to help induce sleep such as cold medicine
- c. Avoid the use of gadgets like smartphones and tablets before bed
- d. Avoid eating a heavy meal right before bedtime
- e. Ensure your sleeping area is quiet and dark and at a moderate temperature
- f. All the above
- g. a, c, d and e

5. Drowsiness affects drivers in which of the following ways:

- a. Reduced attentiveness
- b. Slowed reaction time
- c. Impaired judgment
- d. All the above
- e. None of the above