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

Answer Key: 1-A, 2-A, 3-A, 4-G, 5-D