



## WELLNESS ACTIVITY

### Sleep: By the numbers

#### Counting on a good night's rest

How much do you know about sleep? Fill in the blanks with these numbers that relate to sleep.

#### NUMBER BANK

1    2    2    3    4    4    5    6    6    7    8    10    15    24    90

1. Adults need \_\_\_\_ or more hours of sleep per night.
2. Teens need \_\_\_\_ to \_\_\_\_ hours of sleep every \_\_\_\_ hours.
3. A lack of sleep has been linked to diseases, including type \_\_\_\_ diabetes.
4. We dream for about \_\_\_\_ hours each night.
5. A sleep cycle has \_\_\_\_ stages.
6. A sleep cycle lasts about \_\_\_\_ minutes.
7. We have about \_\_\_\_ to \_\_\_\_ sleep cycles each night.
8. \_\_\_\_ in \_\_\_\_ adults don't get enough sleep.
9. \_\_\_\_ to \_\_\_\_ percent of people have obstructive sleep apnea.
10. An individual who sleeps less than \_\_\_\_ hours or less per night is more likely to fall asleep while driving.

#### ANSWER KEY

1. Adults need 7 or more hours of sleep per night.
2. Teens need 8 to 10 hours of sleep every 24 hours.
3. A lack of sleep has been linked to diseases, including type 2 diabetes.
4. We dream for about 2 hours each night.
5. A sleep cycle has 4 stages.
6. A sleep cycle lasts about 90 minutes.
7. We have about 4 to 6 sleep cycles each night.
8. 1 in 3 adults don't get enough sleep.
9. 5 to 15 percent of people have obstructive sleep apnea.
10. An individual who sleeps less than 6 hours or less per night is more likely to fall asleep while driving. ♦

