

Quiz - Sleep Tips For Kids



This short quiz is based on the video.

Simply select 1 answer from each question.

There are 8 questions in total for you to have a go at.

Results are displayed at the end of the quiz.

Good luck!

Video Link:

Page Link: <https://www.happybeds.co.uk/sleep-hygiene>

Question 1



What is your body made up of?

- a) Trillions of microscopic building bricks
- b) Millions of tiny water bubbles
- c) Thousands of small rocks
- d) Hundreds of squidgy blocks

Question 2



What is inside each of your body's cells?

- a) A pile of sugar
- b) Lots of little tunnels
- c) A little tiny clock
- d) Mini brains

Question 3



What is the Suprachiasmatic Nucleus (SCN)?

- a) The King of the Clocks
- b) The Captain of the Clocks
- c) The Queen of the Clocks
- d) The Lord of the Clocks

Question 4



Which of the following is NOT a clue hidden in your day?

- a) Getting up at roughly the same time every day
- b) Where you are
- c) How light it is
- d) What you eat

Question 5



What type of light comes from your TV and computer screens?

- a) Blue
- b) White
- c) Green
- d) Red

Question 6



Where can the special sensor cells be found?

- a) Under your tongue
- b) In the back of your eyes
- c) In the tips of your ears
- d) On the bottom of your feet

Question 7



What happens when you have a lie-in on the weekend?

- a) The tiny clocks reset
- b) The tiny clocks break
- c) The tiny clocks pause
- d) Nothing

Question 8



How can you help the clocks know it's time to sleep?

- a) Send them an email
- b) By only lying in bed when you're ready to sleep
- c) With an alarm
- d) By singing a song



Thank you for taking
part in our quiz!