

Burning More than the Midnight Oil: Sleep Deprivation in Teens

Satellite Webcast

Social Work CEU Quiz

May 5, 2015

1. The ideal sleep time for teens ages 10 to 17 years of age is:
A) 7 hours 30 minutes
B) 8 hours 15 minutes
C) 9 hours 15 minutes
D) 10 hours

2. Sleep deprivation can create mental health issues including increased depression, increased anxiety and decreased impulse control:
A) True
B) False

3. Drivers under the age of 25 years are involved in _____ of police - report fatigue - related traffic crashes each year:
A) <5%
B) 10%
C) 25%
D) >50%

4. Children with electronics in their bedrooms sleep _____ LESS a night than children without electronics:
A) 10 minutes
B) 20 minutes
C) 30 minutes
D) 60 minutes

5. The AAP states that "Sleep Deprivation negatively impacts learning, mood, behavior, safety and health":
A) True
B) False

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____