

Sleep Hygiene

1. Indicate whether these statements are true or false based on the information you just studied by circling the best answer.

It is recommended that you:

- | | | |
|--|------|-------|
| a. Eat a small amount before sleeping if you are hungry | True | False |
| b. Try to go to sleep at night even if you are not tired | True | False |
| c. Keep a regular sleep schedule | True | False |
| d. Exercise 1-2 hours before bed to induce sleepiness | True | False |

2. What are two examples of recommended bedtime routines?

- a. _____
- b. _____

Exercise

3. Indicate whether these statements are true or false based on the information you just studied by circling the best answer.

It is recommended that you:

- | | | |
|---|------|-------|
| a. Exercise for 20-30 minutes on 3-5 days per week depending on intensity level | True | False |
| b. Drink water before, during, and after exercise | True | False |
| c. Eat 15-30 minutes before exercise for energy | True | False |
| d. Skip warm up/cool down if doing strength or flexibility training | True | False |

4. Give one example of strength or flexibility training and one example of a warm-up or cool-down activity.

- a. Strength/Flexibility: _____
- b. Warm-up/Cool-down: _____

Quiz for Control Condition

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Balanced Eating

5. Indicate whether these statements are true or false based on the information you just studied by circling the best answer.

- | | | |
|--|------|-------|
| a. Try to eat fruits and vegetables dark in color | True | False |
| b. Completely eliminate foods high in salt, fat, cholesterol, or sugar | True | False |
| c. Avoid foods with large amounts of protein | True | False |
| d. Eat at least 3 servings of dairy and 3 servings of whole grain products per day | True | False |
| e. Eat at least 2 cups of fruits and 2 cups of vegetables per day | True | False |

6. Give one example of a recommended whole grain and two examples of recommended fats and oils.

- a. Whole grain: _____
- b. Fat/Oil: _____
- c. Fat/Oil: _____