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:_______________________________________
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:__________________________________________________