

# Team sleep trivia

A poor night's sleep can drag your entire day down. And with so many sleep tips circulating, it can be hard to tell what tactics actually help and which are myths. Grab a few team members and put your heads together to see if you can separate sleep fact from sleep fiction.



If you want to know more about sleep science, Headspace has all the helpful hacks you need to sleep deep.

**QUESTION 1:** Fact or Fiction:  
The average person gets under seven hours of sleep per night.

**ANSWER:**

Fact — in 1942, eight hours of sleep was the norm. Now the global average is 6.8 hours, just under the seven hours of sleep recommended by many health experts worldwide.

**QUESTION 2:** Fact or Fiction:  
Your brain and body shut down completely when you sleep.

**ANSWER:**

Fiction — your brain and body functions stay active while you sleep. This is especially true for the 6% of the world that sleepwalk.

**QUESTION 3:** Fact or Fiction:  
Napping provides the same long-term health benefits as nighttime sleep.

**ANSWER:**

Fiction — While naps can provide a much-needed energy boost, they do not offer the same restorative benefits of nighttime sleep.

**QUESTION 4:** How many hours of sleep do teens need each night?

- 7 to 8
- 9 to 10
- 10 to 12

**ANSWER:**

Teens require more sleep than adults and should aim for nine to 9 hours per night.

**BONUS:** Why do teenagers scientifically keep wacky sleep schedules?

**BONUS ANSWER:**

Teens produce melatonin at later times than younger children and adults.

**QUESTION 5:** Fact or Fiction:  
More than 62% of adults worldwide say they don't sleep as well as they'd like to.

**ANSWER:**

Fact — Do you fall into this statistic? Headspace for sleep can help.

**QUESTION 6:** What is the average amount of sleep people take when given an unlimited opportunity for rest with no interruptions?

- 7 to 8
- 8 to 8.5
- 9 to 10

**ANSWER:**

When given unlimited opportunity to sleep in a research setting, people average between 8 and 8.5 hours of shut-eye. What is your longest-sleep record? Share with your team members.

**QUESTION 7:** What is the ideal length for a nap?

- 20 minutes
- 45 minutes
- One hour

**ANSWER:**

Power nappers unite! The ideal napping window is just 20 minutes -- long enough to refresh you but short enough to not interfere with your nighttime shuteye.

**QUESTION 8:** What are the four most common sleep disorders? (award one point for each correct answer)

**ANSWER:**

Insomnia, Sleep apnea, Restless leg syndrome, Narcolepsy

**QUESTION 9:** Fact or Fiction:  
It takes the average person at least 30 minutes to fall asleep at night.

**ANSWER:**

Fiction! It should take you less than 30 minutes to fall asleep. Taking longer than 30 minutes to fall asleep is one common sign associated with sleep disorders.

**QUESTION 10:** Fact or Fiction:  
Once you're in bed, you should stay there no matter how long it takes you to fall asleep.

**ANSWER:**

Fiction -- If you have trouble sleeping, lying awake in your bed for more than 20 minutes can worsen insomnia issues.

**QUESTION 11:** What is the ideal bedtime snack?

- Cereal and milk
- Fruit
- Cookies
- Dark chocolate

**ANSWER:**

The best bedtime snacks blend low-fat protein and carbs. A low-sugar cereal with milk can be a filling and undisruptive bedtime bite. Bonus: what is your favorite bedtime snack?

**QUESTION 12:** How many days can the average person survive without sleep?

**ANSWER:**

Humans can survive two weeks without water but only 10 days without sleep.

**QUESTION 13:** Which mammal requires the least amount of sleep?

- Rhino
- Giraffe
- Elephant
- Cheetah

**ANSWER:**

Elephants

**QUESTION 14:** Which mammal requires the most sleep?

- Sloth
- Koala
- Cat
- Panda

**ANSWER:**

Koala

**QUESTION 15:** Which is the only mammal to willingly delay sleep?

**ANSWER:**

Humans