


Making Neuroscience Fun


A Brain Awareness Program for All Ages





Brain Health: It's SPECTacular


Sleep Basics (🧠 A Physical Health Story) (3rd Grade – 8-9 yrs.) Power Your Brain Challenge Questions


-  1. Sleep is necessary so your brain can repair itself, clean up from the day, and _____. Slide 3
 - A. store information
 - B. rest
 - C. eat

-  2. When your brain is repairing itself and getting rid of all the waste that is made during your day of activities, it is in _____. Slide 5
 - A. REM
 - B. SWS
 - C. ABC

-  3. When your brain is reorganizing and making new connections between all the billions of cells in your brain, it is in _____. Slide 5
 - A. ABC
 - B. REM
 - C. SWS

-  4. Good sleep habits are especially important for this body system. Slide 6
 - A. Respiratory
 - B. Immune
 - C. Cardiovascular

-  5. Sleep cycles can last between _____ minutes. Slide 8
 - A. 20-30
 - B. 90-110
 - C. 120-180

-  6. The older we get, the _____ sleep we need each night. Slide 10
 - A. more
 - B. less



7. Which of the following is a NOT a good sleep habit? Slide 14

- A. having a regular bedtime
- B. playing on a device before bed
- C. getting up at a regular time



8. All mammals dream. Slide 15

- A. True
- B. False



9. More realistic dreams occur during which type of sleep? Slide 16

- A. SWS
- B. REM



10. Running is a(n)_____ muscle movement. Slide 18

- A. voluntary
- B. involuntary
- C. silent