

Quiz (A170)

1. 8 hours is a good amount of sleep for youth of all ages. (True or False)
2. Snoring means a child is sleeping well. (True or False)
3. All children can benefit from following a bedtime routine. (True or False)
4. What matters most is how much sleep you get, and not when you get it. (True or False)
5. Improving overnight sleep by following healthy sleep habits can improve daytime mood and behavior (True or False)
6. Any child who struggles with sleep should always be given melatonin or Benadryl as part of their nighttime routine. (True or False)

Name: _____

Date: _____

Licensing Worker: _____