Name: Date:

1. The onset of a micro-nap is easily predicted by a fatigued driver.

A. True

B. False

1. Micro-naps can last any time from a split second to \_\_\_\_\_\_\_ seconds.

A. 10

B. 15

C. 20

D. 25

E. 30

1. A vehicle cruising at 65 mph will travel over \_\_\_\_\_\_\_\_\_ yards during a 10-second micro-nap.

A. 100

B. 200

C. 300

D. 400

1. Which portion of the line represents the time period during the **afternoon** when the human body is most predisposed to sleep?



1. Which portion of the line represents the time period during the **night** when the human body is most predisposed to sleep?



1. Studies show that driving more than 11 hours during your overnight sleep gate increases the probability of a crash by 240%.

A. True

B. False

1. Which chart below displays the approximate alertness level of a driver who is compensating for a lack of rest by drinking four cups of coffee over the course of their shift?

A.



B.



1. Which of the following conditions are chronic sleep disorders?

A. Sleep apnea

B. Insomnia

C. Narcolepsy

D. Sleepy eye

1. Get at least \_\_\_\_\_ hours of consecutive sleep every day or night.

A. 4 – 5

B. 5 – 6

C. 6 – 7

D. 7 – 8

E. 8 – 9

**Answer Key**

1. B

2. E

3. C

4.



5.



6. A

7. A



8. A, B & C

9. D