

## Sleep Science Trivia: Questions, Answers, and Facts Printable Trivia Pack

Sleep Science trivia explores the rhythms, stages, and brain processes that shape how people rest and recover. From circadian timing and dreaming to sleep disorders and memorable research findings, it offers an engaging way to test what you know about one of the most important functions in human health.

### HARD SLEEP SCIENCE TRIVIA

1. In what year did Nathaniel Kleitman and Bruce Richardson complete their famous Mammoth Cave isolation study?

Answer: 1938

2. Michel Juvet introduced what term for REM sleep in the 1950s?

Answer: paradoxical sleep

3. What does the abbreviation EEG stand for in sleep recording?

Answer: electroencephalogram

4. If a sleep technologist says they are reviewing the EMG channel, what does EMG expand to?

Answer: electromyogram

5. What four-letter abbreviation is commonly used for a home sleep apnea test?

Answer: HSAT

6. In sleep medicine shorthand, what abbreviation refers to the apnea-hypopnea index?

Answer: AHI

7. CPAP expands to what phrase?

Answer: continuous positive airway pressure

8. Which formal test measures a person's ability to stay awake in a quiet setting?

Answer: Maintenance of Wakefulness Test

9. What is the name of the eight-item questionnaire used to assess daytime sleepiness?

Answer: Epworth Sleepiness Scale

10. A patient whose habitual sleep schedule is shifted later than desired fits which disorder name?

Answer: delayed sleep-wake phase disorder

11. Which circadian disorder is defined by a habitual sleep schedule that is shifted earlier than desired?

Answer: advanced sleep-wake phase disorder

12. Among people with no light perception, which sleep-wake disorder is especially common?

Answer: non-24-hour sleep-wake disorder

13. Which behavioral treatment is specifically used for chronic insomnia and deliberately limits time in bed?

Answer: sleep restriction therapy

14. What standard behavioral treatment for insomnia focuses on changing cues and associations around the bed and bedroom?

Answer: stimulus control therapy

### FUNNY SLEEP SCIENCE TRIVIA

1. What umbrella term covers unusual behaviors that happen while someone is asleep?

Answer: Parasomnia

2. If your roommate delivers midnight monologues with zero ticket sales, what is the scientific term for sleep talking?

Answer: Somniloquy

3. What medical term means sleepwalking?

Answer: Somnambulism

4. Which disorder involves acting out dreams because normal REM muscle paralysis is reduced?

Answer: REM behavior disorder

5. What condition has the alarmingly dramatic name for sensing a sudden loud noise during sleep?

Answer: Exploding head syndrome

6. Night terrors usually arise from which kind of sleep, especially in children?

Answer: Non-REM sleep

7. What is the medical name for bedwetting?

Answer: Nocturnal enuresis

8. If your bladder schedules a 3 a.m. meeting, what term means waking from sleep to urinate during the night?

Answer: Nocturia

9. Episodes of disorientation during partial awakenings from sleep are called what?

Answer: Confusional arousals

10. What disorder describes episodes of eating after a partial arousal from sleep, basically a midnight snack with no RSVP?

Answer: Sleep-related eating disorder

11. Which recognized parasomnia involves sexual behaviors during sleep?

Answer: Sexsomnia

12. A nightmare is typically what kind of event during which stage of sleep?

Answer: A disturbing dream during REM sleep

13. That groggy 'who am I and why is the toaster so bright?' feeling after waking has what name?

Answer: Sleep inertia

#### FUN SLEEP SCIENCE TRIVIA

1. What year did the classic Rechtschaffen and Kales sleep scoring manual make its official debut?

Answer: 1968

2. Which year brought the American Academy of Sleep Medicine's updated sleep scoring manual?

Answer: 2007

3. Deep sleep got a rebrand: instead of the old term 'stage 4 sleep,' it is now grouped under what label?

Answer: N3

4. If an EEG in N2 sleep shows one of its signature calling cards, what waveform are you looking at?

Answer: K-complexes

5. Those brief little bursts of brain activity that often pop up in N2 sleep are called what?

Answer: Sleep spindles

6. What is another name for deep non-REM sleep?

Answer: Slow-wave sleep

7. Narcolepsy type 1 has a dramatic sidekick involving sudden loss of muscle tone. What is it called?

Answer: Cataplexy

8. Hypocretin goes by what other name?

Answer: Orexin

9. True or false: Sleepwalking usually happens during REM sleep.?

Answer: False

10. What is the name for that eerie moment when you're awake enough to know what's happening but temporarily can't move?

Answer: Sleep paralysis

11. That sudden body jolt right as you're drifting off has a name. What is it?

Answer: Hypnic jerk

12. If you realize inside the dream that you're dreaming, what is that called?

Answer: Lucid dreaming

13. What's the term for sleeping worse simply because it's your first night in a new sleep lab?

Answer: First night effect

#### SLEEP SCIENCE FAMILY TRIVIA

1. Which early scientist is described as a key pioneer of modern sleep research?

Answer: Nathaniel Kleitman was a key early pioneer of modern sleep research.

2. Michel Jouvet is best known for major discoveries about what two sleep topics?

Answer: REM sleep and dreaming.

3. Meir Kryger is one of the editors associated with a major work called 'Principles and Practice of' what?

Answer: Sleep Medicine.

4. What questionnaire is used to assess whether someone tends toward morning or evening preference?

Answer: The Morningness-Eveningness Questionnaire is used to assess whether someone tends toward morning or evening preference.

5. On a long trip across time zones, what is the usual name for the body-clock disruption that can happen?

Answer: Jet lag happens when travel across time zones disrupts the body clock.

6. What common symptom can occur in obstructive sleep apnea: hiccups, snoring, or sneezing?

Answer: Snoring is a common symptom that can occur in obstructive sleep apnea.

7. What simple tool can someone use to track bedtimes, wake times, and sleep habits?

Answer: A sleep diary is a simple tool used to track bedtimes, wake times, and sleep habits.

8. Bright signs and lots of city lights at night can create more of what than nearby rural areas do?

Answer: Large brightly lit cities produce more nighttime light pollution than nearby rural zones.

9. If someone wants to keep a simple bedtime log for a week, what tool should they use?

Answer: A sleep diary is a simple tool used to track bedtimes, wake times, and sleep habits.

#### EASY SLEEP SCIENCE TRIVIA

1. How many hours of sleep per night are adults often advised to aim for at minimum?

Answer: 7 hours

2. In sleep science, what does REM stand for?

Answer: rapid eye movement

3. Which hormone helps signal nighttime to the body?

Answer: melatonin

4. What is the standard overnight test called that records multiple body signals during sleep?

Answer: polysomnography

5. What brain structure is most associated with the body's internal clock?

Answer: the suprachiasmatic nucleus

6. What kind of evening exposure can delay the body's sleep timing?

Answer: light exposure

7. Which common stimulant can make it harder to fall asleep?

Answer: caffeine

8. Repeated pauses in breathing during sleep are commonly a sign of what condition?

Answer: sleep apnea

9. Which sleep disorder is marked by excessive daytime sleepiness?

Answer: narcolepsy

10. What is the term for persistent difficulty falling asleep or staying asleep?

Answer: insomnia

11. Which questionnaire is used to assess sleep quality: the Pittsburgh Sleep Quality Index or the Berlin Travel Survey?

Answer: The Pittsburgh Sleep Quality Index

12. What test measures how quickly a person falls asleep during scheduled daytime naps?

Answer: The Multiple Sleep Latency Test

13. Which university was an early center for organized sleep disorders diagnosis and treatment?

Answer: Stanford University

Source: <https://triviagong.com/themes/sleep-science>