**Form Approved**

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**Knowledge Survey**

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***Please select the best answer for the following questions on sleep health and driving.***

1. To be considered safer for reducing accidents and injuries while working, how often should you take rest breaks?

* **every 2 hours**
* every 4 hours
* every 6 hours

1. If managers want to change work schedules for drivers, researchers strongly recommend involving the drivers whose schedule will be affected during the process

* True
* **False**

1. Which response below best describes the following work schedule: working late one night (3pm to 11:30pm) and then working very early the next day (7am to 3:30pm)?

* a recommended work scheduling pattern
* **a scheduling pattern to avoid**

1. The sun’s light and dark cycles have very little effect on sleep/wake cycles.

* True
* **False**

1. Most people's body clocks adapt easily to night shifts.

* True
* **False**

1. With training, experience, and professionalism, most people can adjust to sleeping less than 7 hours without negative consequences.

* True
* **False**

1. Research shows you are likely to feel less groggy after how long a nap?

* **20 minute nap**
* 1 hour nap
* 2 hour nap

1. Taking a long nap (1 hour or more) after coming home from a day shift…(choose one or more answers?

* 20 minute nap
* **1.5 hours or longer nap**

1. Regular window blinds block out enough light for drivers who sleep during the daytime.

* True
* **False**

1. After drinking coffee and other caffeinated beverages, it takes \_\_\_\_ minutes to increase alertness?

* 1 minute
* 5 minutes
* **30 minutes**
* 60 minutes

1. Controlling light exposure can help body rhythms adjust to various work schedules.

* **True**
* False

1. Which are helpful for falling asleep? (choose one or more answers)

* Watching TV in bed
* Looking at the computer close to bedtime
* **Meditation**
* All the above

1. Four to eight ounces of wine at bedtime is an effective coping strategy and sleep aid for individuals who have trouble falling asleep and staying asleep.

* True
* **False**

1. If sleepy after working a night shift, what is recommended by sleep and sleep experts for the drive home? (choose one or more answers)

* turn up the radio and open the window on the drive home
* pinch your leg or sit in an awkward position to keep awake
* **take a short nap before driving home**
* all of the above

1. Researchers think shift workers have difficulties with personal relationships because of ...(choose one or more answers)

* …bad moods from poor sleep due to demanding work schedules.
* …less quality time to spend with family and friends.
* **Both of the above**

1. Which of the following is the **least** effective way for shift workers to improve personal relationships?

* educate family and friends about challenges of working shift schedules or long hours
* tell family what they can do to help
* **shorten your time for sleep to meet the demands of work and the family**
* adopt ways to maintain communications
* get enough good quality sleep

1. What is important to know about the following symptoms: difficulty focusing; frequent blinking; yawning repeatedly or rubbing eyes; trouble keeping head up; feeling restless and irritable? (choose one or more answers)

* **These symptoms can be dangerous when driving or performing important tasks**
* A person who is motivated, trained or professional can force himself to stay awake with these symptoms.
* Both of the above

1. Select one or more of the following tip(s) drivers could use to increase their alertness:

* A. Eat sugar rich food
* B. Work in a brightly lit area or go outside in sunlight
* C. Have a good sleep environment and prepare oneself for sleep
* D. Take a short nap
* E. All the above
* **F. All but A (first item)**

1. Loud snoring while sleeping is not something to be concerned about.

* True
* **False**

1. Which of the following behavior(s) best promotes good quality sleep? (choose one or more answers)

* Eating a large meal an hour or two before bedtime
* **Having a relaxing routine 1 hour or more before bedtime**
* Exercise about 1 hour before bedtime
* Mixing up your times for going to sleep and getting up
* All of the above

1. Health problems, such as high blood pressure and stomach symptoms, have no relationship to sleep quality.

* True
* **False**

1. Getting poor sleep or not enough sleep can increase hunger, eating and body weight.

* **True**
* False

24. Fatigue-related effects on the body are similar to those from drinking too much alcohol.

* **True**
* False

25. Research shows people tend to recognize when they are too sleep deprived to function adequately.

* True
* **False**