

## Knowledge Survey

CDC estimates the average public reporting burden for this collection of information as 15 minutes per response, including the time for reviewing instructions, searching existing data/information sources, gathering and maintaining the data/information needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-XXXX).

***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
  
2. 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
  
3. 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
  
4. The sun's light and dark cycles have very little effect on sleep/wake cycles.
  - True
  - False

5. Most people's body clocks adapt easily to night shifts.
- True
  - False**
6. With training, experience, and professionalism, most people can adjust to sleeping less than 7 hours without negative consequences.
- True
  - False**
7. Research shows you are likely to feel less groggy after how long a nap?
- 20 minute nap**
  - 1 hour nap
  - 2 hour nap
8. 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**
9. Regular window blinds block out enough light for drivers who sleep during the daytime.
- True
  - False**
10. After drinking coffee and other caffeinated beverages, it takes \_\_\_\_ minutes to increase alertness?
- 1 minute
  - 5 minutes
  - 30 minutes**
  - 60 minutes
11. Controlling light exposure can help body rhythms adjust to various work schedules.
- True**
  - False
12. 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

13. 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**
14. 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
15. 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**
16. 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
17. 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
18. 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)

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

- True
- False

20. 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

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

- True
- False

22. 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