



Bedtime 8-21-26

1. Trivia Question: T or F: Sloths sleep upside down.
Answer : True
2. Trivia Question: In Goldilocks and the 3 Bears, whose porridge is cold?
Answer: Mama Bear's (SECRET BONUS: If they talk through the story to get to the answer)
3. Trivia Question: What activity should you do for about two minutes especially before bed?
Answer: Brush your teeth (SECRET BONUS: if they make the motion)
4. Trivia Question: What is the name for the stage of sleep when most vivid dreaming occurs?
Answer: REM (BONUS: If they know what REM stands for? Rapid Eye Movement)
5. Trivia Question: What animal stands up while sleeping? Name 1.
Answer: Horses, Zebras, Elephants, Giraffes & Flamingos
6. Trivia Question: Hypnic jerk is the phenomenon when...
Answer: You suddenly feel like you're falling just as your falling asleep.
7. Trivia Question: What is the name of the condition where someone repeatedly stops breathing during sleep?
Answer: Sleep Apnea
8. Trivia Question: What should you count if you have a hard time falling asleep?
Answer: Sheep (SECRET BONUS: If they bahhhhh)
9. Trivia Question: How many layers are there in a traditional bedding?
Answer: 3 (SECRET BONUS: Fitted Sheet, Flat Sheet, top blanket)
10. Trivia Question: What wakes you up abruptly and then leaves you feeling anxious and angry?
Answer: Alarm Clock
11. Trivia Question: What hormone naturally increases in the evening and helps prepare your body for sleep?
Answer: Melatonin
12. Trivia Question: What cuddly bedtime companion is traditionally associated with comfort and helping you feel safe at night?
Answer: Stuffed Animal
13. Trivia Question: What bedtime accessory might make someone look like they're ready to board a first-class flight to Dreamland?
Answer: Sleep Mask/Eye Mask
14. Trivia Question: What popular bedtime appliance has rotating blades but doesn't fly?
Answer: Fan
15. Trivia Question: What's the last thing you do before you wake up in the morning?
Answer: Go to Sleep (SECRET BONUS: if they pretend they are sleeping)

BONUS: You have the blankets on tight, fan on, windows open... what is missing to have the perfect body temp to fall asleep?

Answer: Foot sticking out of the blanket.