

Name _____

Is Meditation Like Taking a Nap or Sleeping?

Multiple Choice Questions

1. What is the primary purpose of meditation?
 - a) To relieve daytime fatigue
 - b) To boost alertness
 - c) To enhance mindfulness and inner peace
 - d) To promote physical restoration

2. How does meditation differ from napping and sleeping in terms of consciousness?
 - a) Meditation involves dreaming, while napping and sleeping do not.
 - b) Meditation leads to complete loss of consciousness, unlike napping and sleeping.
 - c) Meditation keeps you awake and conscious, while napping and sleeping involve altered states of consciousness.
 - d) Napping and sleeping make you more aware of your surroundings compared to meditation.

3. Which practice typically lasts the shortest duration?
 - a) Sleep
 - b) Meditation
 - c) They all have similar durations.
 - d) Napping

4. What is the primary function of napping?
 - a) Boosting physical restoration
 - b) Enhancing mindfulness
 - c) Relieving daytime fatigue and improving alertness
 - d) Promoting inner peace

5. How does meditation affect mental fatigue and stress?
 - a) It has no impact on mental fatigue and stress.
 - b) It increases mental fatigue and stress.
 - c) It reduces mental fatigue and stress.
 - d) It primarily addresses physical fatigue.

