

Name _____

Sleep Secrets of Dolphins: Exploring Underwater Slumber

Multiple Choice Questions

1. How do dolphins sleep?
 - A) With both hemispheres of their brain at the same time
 - B) By alternating between hemispheres in a state called unihemispheric slow-wave sleep
 - C) By sleeping on their backs
 - D) By sleeping upside down

2. What is unihemispheric slow-wave sleep?
 - A) Sleeping while floating on the water's surface
 - B) Sleeping with one hemisphere of the brain at a time
 - C) Sleeping while swimming in circles
 - D) Sleeping with both eyes closed

3. Why do dolphins sleep with one eye open?
 - A) To maintain awareness of their surroundings
 - B) To watch TV underwater
 - C) To keep an eye on their prey
 - D) To see better in the dark

4. How do dolphins breathe while sleeping underwater?
 - A) They hold their breath for long periods
 - B) They don't need to breathe while sleeping
 - C) They use a snorkel
 - D) They have a reflex called the "breath-hold reflex"

5. Why do dolphins often sleep in groups?
 - A) To practice synchronized swimming
 - B) To increase their chances of finding food
 - C) To provide safety and social interaction while resting
 - D) To race against each other

