

Name \_\_\_\_\_

## Snooze to Shine: How Sleep Affects Mood and Mental Clarity

### Multiple Choice Questions

1. What does adequate sleep do for mental health?
  - a) It has no impact on mental health.
  - b) It leads to more mood swings.
  - c) It is crucial for maintaining good mental health.
  - d) It reduces cognitive function.
  
2. How does sleep affect mood regulation?
  - a) It has no effect on emotions.
  - b) It leads to better mood regulation.
  - c) It increases emotional sensitivity.
  - d) It causes positive outlook.
  
3. Why did Salvador Dalí practice "slumber with a key" for sleep?
  - a) To stay awake all night
  - b) To tap into his subconscious mind for creative inspiration
  - c) To avoid sleep altogether
  - d) To experience lucid dreaming
  
4. What role does sleep play in memory consolidation?
  - a) It has no impact on memory.
  - b) It helps consolidate and organize memories.
  - c) It impairs memory function.
  - d) It enhances creativity.
  
5. What can a well-rested mind better handle?
  - a) Complex problems and decision-making
  - b) Negative outlook on life
  - c) Sleep disruptions
  - d) Emotional sensitivity

