

Insomnia Quiz: 100 Multiple-Choice Questions

1. What is insomnia?

- A. A breathing disorder during sleep
- B. Difficulty falling asleep, staying asleep, or waking too early
- C. Sleeping more than 12 hours daily
- D. A disorder involving sleepwalking

2. Which of the following is a common symptom of insomnia?

- A. Excessive daytime energy
- B. Difficulty concentrating
- C. Increased appetite only at night
- D. Improved memory

3. Acute insomnia usually lasts:

- A. Less than 3 months
- B. More than 1 year
- C. Exactly 6 months
- D. Lifetime only

4. Chronic insomnia occurs when symptoms happen at least:

- A. Once per month
- B. Three nights per week for 3 months or longer
- C. Every night for 1 week
- D. Only during vacations

5. Which hormone helps regulate sleep?

- A. Insulin
- B. Cortisol
- C. Melatonin
- D. Adrenaline

6. Which beverage may worsen insomnia if consumed late in the day?

- A. Water
- B. Milk
- C. Coffee
- D. Herbal tea

7. Which age group is most commonly affected by insomnia?

- A. Older adults
- B. Infants only
- C. Teenagers only
- D. Toddlers only

8. Which mental health condition is strongly linked to insomnia?

- A. Asthma
- B. Depression
- C. Broken bones
- D. Cataracts

9. What is sleep hygiene?

- A. Cleaning the bedroom daily
- B. Healthy habits that promote good sleep
- C. Wearing pajamas to bed
- D. Sleeping exactly 12 hours

10. Which device can interfere with sleep due to blue light exposure?

- A. Refrigerator
- B. Television remote
- C. Smartphone
- D. Hairbrush

11. Which of the following is a relaxation technique that may help insomnia?

- A. Heavy late-night exercise

- B. Meditation
- C. Drinking energy drinks
- D. Playing loud music

12. What is a common daytime effect of insomnia?

- A. Improved coordination
- B. Daytime fatigue
- C. Increased sleep quality
- D. Enhanced reaction time

13. Which sleep stage is important for memory consolidation?

- A. REM sleep
- B. Stage 1 only
- C. Awake stage
- D. None of the above

14. Which medication type is sometimes prescribed short-term for insomnia?

- A. Antibiotics
- B. Sedative-hypnotics
- C. Antacids
- D. Vaccines

15. Which habit is recommended for improving sleep?

- A. Keeping irregular sleep hours
- B. Going to bed at the same time nightly
- C. Drinking soda before bed
- D. Taking long daytime naps

16. What is the body's internal clock called?

- A. Digestive cycle
- B. Immune cycle
- C. Circadian rhythm
- D. Skeletal rhythm

17. Which condition may cause secondary insomnia?

- A. Chronic pain
- B. Perfect health
- C. Balanced diet
- D. Adequate exercise

18. Which nutrient deficiency may contribute to sleep problems?

- A. Iron deficiency
- B. Excess vitamin C only
- C. Too much fiber
- D. Low water intake only

19. What is a common cause of transient insomnia?

- A. Stressful life events
- B. Stable routines
- C. Regular exercise
- D. Quiet environments

20. Which sleeping environment is best for reducing insomnia?

- A. Bright and noisy
- B. Warm and crowded
- C. Dark, cool, and quiet
- D. Hot and loud

21. Which profession commonly experiences insomnia due to shift work?

- A. Night-shift nurses
- B. Librarians only
- C. Gardeners only
- D. Bakers only

22. Which disorder involves repeated pauses in breathing during sleep?

- A. Narcolepsy
- B. Sleep apnea
- C. Bruxism
- D. Sleep talking

23. What is CBT-I?

- A. Cardiac breathing treatment
- B. Cognitive Behavioral Therapy for Insomnia
- C. Blood pressure therapy
- D. Brainwave surgery

24. Which food contains natural melatonin?

- A. Cherries
- B. Chips
- C. Fried chicken
- D. Candy bars

25. Which action is NOT recommended before bedtime?

- A. Reading a calming book
- B. Relaxation exercises
- C. Intense video gaming
- D. Taking a warm bath

26. Which neurotransmitter promotes sleep?

- A. Dopamine only
- B. GABA
- C. Adrenaline
- D. Histamine

27. Insomnia may increase the risk of:

- A. Motor vehicle accidents
- B. Improved driving ability
- C. Perfect concentration

D. Faster reflexes

28. Which sleep aid is available over the counter?

- A. Diphenhydramine
- B. Insulin
- C. Penicillin
- D. Ibuprofen only

29. Which factor can worsen insomnia?

- A. Excessive alcohol use
- B. Consistent sleep routines
- C. Relaxation methods
- D. Limiting caffeine

30. What is sleep latency?

- A. Time spent dreaming
- B. Time it takes to fall asleep
- C. Time spent awake in the morning
- D. Length of naps

31. Which type of insomnia involves waking too early?

- A. Sleep-onset insomnia
- B. Maintenance insomnia
- C. Terminal insomnia
- D. Parasomnia

32. Which vitamin is associated with sleep regulation?

- A. Vitamin D
- B. Vitamin K only
- C. Vitamin B12 only
- D. Vitamin A only

33. What is a sleep diary?

- A. A medical prescription
- B. A record of sleep habits and patterns
- C. A sleeping medication list
- D. A dream interpretation book

34. Which symptom is common in sleep deprivation?

- A. Irritability
- B. Improved memory
- C. Enhanced mood
- D. Increased patience

35. Which medical professional specializes in sleep disorders?

- A. Dermatologist
- B. Sleep specialist
- C. Orthopedic surgeon
- D. Ophthalmologist

36. Which substance is a stimulant?

- A. Caffeine
- B. Melatonin
- C. Chamomile
- D. Magnesium

37. What is polysomnography?

- A. Blood test
- B. Sleep study
- C. Hearing exam
- D. Vision screening

38. Which condition is characterized by excessive daytime sleepiness?

- A. Narcolepsy
- B. Insomnia only
- C. Migraine

D. Arthritis

39. Which lifestyle factor may improve sleep quality?

- A. Regular exercise
- B. Smoking before bed
- C. Eating heavy meals late at night
- D. Constant screen use

40. Which mineral may support muscle relaxation and sleep?

- A. Magnesium
- B. Sodium
- C. Chlorine
- D. Fluoride

41. What does REM stand for?

- A. Rapid Eye Movement
- B. Resting Energy Motion
- C. Reduced Emotional Memory
- D. Respiratory Eye Mode

42. Which factor commonly disrupts sleep in older adults?

- A. Frequent nighttime urination
- B. Increased deep sleep
- C. Less medication use
- D. Better circadian rhythm regulation

43. Which condition involves uncomfortable leg sensations relieved by movement?

- A. Restless legs syndrome
- B. Migraine
- C. Vertigo
- D. Tinnitus

44. Which sleeping habit is unhealthy?

- A. Using the bed for sleep only
- B. Working on a laptop in bed
- C. Maintaining a bedtime routine
- D. Limiting naps

45. Which sleep stage is considered deepest?

- A. Stage 3 non-REM sleep
- B. REM only
- C. Stage 1 sleep
- D. Awake stage

46. Which hormone increases during stress and may impair sleep?

- A. Cortisol
- B. Melatonin
- C. Oxytocin
- D. Serotonin

47. Which habit may reduce insomnia symptoms?

- A. Avoiding caffeine late in the day
- B. Drinking energy drinks before bed
- C. Sleeping with bright lights on
- D. Staying awake all night

48. Which medical condition may contribute to insomnia?

- A. Asthma
- B. Hypertension
- C. Arthritis
- D. All of the above

49. Which behavior is associated with good sleep hygiene?

- A. Keeping naps short
- B. Drinking alcohol nightly
- C. Watching television in bed for hours

D. Eating large meals before bedtime

50. Which type of insomnia involves difficulty staying asleep?

- A. Maintenance insomnia
- B. Terminal insomnia
- C. Acute insomnia
- D. Hypersomnia

51. What is hypersomnia?

- A. Difficulty sleeping
- B. Excessive sleepiness
- C. Sleepwalking
- D. Fear of sleeping

52. Which condition is linked to nighttime teeth grinding?

- A. Bruxism
- B. Narcolepsy
- C. Apnea
- D. Cataplexy

53. Which sleep disorder may involve sudden muscle weakness?

- A. Cataplexy
- B. Insomnia
- C. Bruxism
- D. Snoring

54. Which room temperature is often recommended for sleep?

- A. Cool temperature
- B. Very hot temperature
- C. Extremely cold temperature
- D. Outdoor temperature only

55. Which activity can help establish a bedtime routine?

- A. Reading quietly
- B. Drinking espresso
- C. High-intensity exercise immediately before bed
- D. Loud music

56. Which condition often causes insomnia in pregnancy?

- A. Hormonal changes
- B. Increased relaxation only
- C. Better sleep cycles
- D. Reduced body discomfort

57. Which sleep problem is common during jet lag?

- A. Circadian rhythm disruption
- B. Improved sleep timing
- C. Better concentration
- D. Increased deep sleep immediately

58. Which sleeping position may worsen snoring?

- A. Sleeping on the back
- B. Sleeping on the side
- C. Reclining slightly
- D. Elevated head position

59. Which nutrient is found in milk and may support sleep?

- A. Tryptophan
- B. Caffeine
- C. Nicotine
- D. Creatine

60. Which mental health condition commonly coexists with insomnia?

- A. Anxiety disorder
- B. Broken arm
- C. Nearsightedness

D. Eczema only

61. What is sleep efficiency?

- A. Percentage of time in bed actually spent sleeping
- B. Number of dreams per night
- C. Length of naps only
- D. Total hours awake

62. Which factor may improve circadian rhythm alignment?

- A. Morning sunlight exposure
- B. Staying indoors constantly
- C. Overnight caffeine use
- D. Sleeping at random times

63. Which medication side effect may include insomnia?

- A. Steroids
- B. Sleeping pills only
- C. Antacids only
- D. Antibiotics only

64. What is sleep deprivation?

- A. Excessive dreaming
- B. Inadequate sleep quantity or quality
- C. Too much exercise
- D. Sleepwalking episodes

65. Which disorder disrupts circadian rhythms due to work schedules?

- A. Shift work disorder
- B. Parasomnia
- C. Bruxism
- D. Cataplexy

66. Which symptom may indicate chronic insomnia?

- A. Persistent fatigue
- B. Improved concentration
- C. Better memory
- D. Increased athletic performance

67. Which bedtime habit is discouraged?

- A. Checking emails in bed
- B. Relaxation breathing
- C. Listening to calm music
- D. Dim lighting

68. Which sleep aid is naturally produced by the body?

- A. Melatonin
- B. Nicotine
- C. Amphetamine
- D. Cortisol

69. Which condition may cause nighttime awakening due to breathing difficulty?

- A. Asthma
- B. Broken finger
- C. Nearsightedness
- D. Seasonal allergies only

70. Which sleep disorder involves acting out dreams?

- A. REM sleep behavior disorder
- B. Sleep apnea
- C. Insomnia
- D. Narcolepsy

71. Which sleep hygiene recommendation is correct?

- A. Use the bedroom mainly for sleep
- B. Work in bed regularly

- C. Eat heavy meals before bedtime
- D. Keep lights bright overnight

72. Which factor commonly contributes to insomnia in students?

- A. Academic stress
- B. Too much relaxation
- C. Excess sleep only
- D. No screen exposure

73. Which exercise timing may interfere with sleep for some people?

- A. Vigorous exercise right before bedtime
- B. Morning exercise
- C. Afternoon walking
- D. Stretching

74. Which medical test may diagnose sleep apnea?

- A. Polysomnography
- B. ECG only
- C. Colonoscopy
- D. Bone scan

75. Which mood effect is linked to insomnia?

- A. Depression
- B. Increased emotional stability only
- C. Constant happiness
- D. Reduced stress always

76. Which neurotransmitter is associated with wakefulness?

- A. Histamine
- B. Melatonin
- C. GABA only
- D. Adenosine only

77. Which behavior may worsen insomnia?

- A. Clock-watching during the night
- B. Relaxation breathing
- C. Consistent bedtimes
- D. Limiting caffeine

78. Which type of therapy is considered first-line treatment for chronic insomnia?

- A. CBT-I
- B. Surgery
- C. Antibiotics
- D. Chemotherapy

79. Which hormone is commonly called the “sleep hormone”?

- A. Melatonin
- B. Insulin
- C. Cortisol
- D. Thyroxine

80. Which sleep stage is associated with vivid dreaming?

- A. REM sleep
- B. Stage 1 only
- C. Awake stage
- D. Deep sleep only

81. Which factor may improve insomnia symptoms?

- A. Reducing stress
- B. Drinking more caffeine
- C. Staying awake intentionally
- D. Irregular sleep schedules

82. Which medical issue may lead to nighttime discomfort and insomnia?

- A. Acid reflux
- B. Perfect digestion
- C. Strong eyesight
- D. Healthy nails

83. Which sleep habit is most helpful?

- A. Maintaining a regular wake time
- B. Sleeping at random hours
- C. Napping for several hours daily
- D. Consuming caffeine overnight

84. Which condition may cause sudden awakenings with panic?

- A. Night terrors
- B. Healthy sleep
- C. Cataracts
- D. Food allergies only

85. Which substance should generally be avoided before bedtime?

- A. Nicotine
- B. Water
- C. Herbal tea
- D. Warm milk

86. Which symptom may result from poor sleep?

- A. Slower reaction times
- B. Improved coordination
- C. Better judgment
- D. Enhanced memory

87. Which age-related change may affect sleep?

- A. Reduced deep sleep
- B. Increased nonstop REM sleep
- C. Elimination of awakenings
- D. Permanent daytime alertness

88. Which sleep disorder is characterized by loud snoring and pauses in breathing?

- A. Obstructive sleep apnea
- B. Insomnia only
- C. Narcolepsy
- D. Bruxism

89. Which calming beverage is often associated with relaxation?

- A. Chamomile tea
- B. Energy drinks
- C. Cola
- D. Espresso

90. Which practice may help people fall asleep faster?

- A. Limiting screen time before bed
- B. Watching action movies overnight
- C. Drinking caffeinated soda late at night
- D. Sleeping with bright lights on

91. Which brain chemical builds sleep pressure throughout the day?

- A. Adenosine
- B. Dopamine
- C. Insulin
- D. Cortisol

92. Which sleep issue is common after consuming too much caffeine?

- A. Difficulty falling asleep
- B. Improved sleep quality
- C. Increased deep sleep only
- D. Better dream recall only

93. Which emotional state often contributes to insomnia?

- A. Worry
- B. Calmness
- C. Relaxation
- D. Contentment

94. Which environmental factor can disturb sleep?

- A. Noise pollution
- B. Darkness
- C. Comfortable bedding
- D. Quiet surroundings

95. Which treatment may include stimulus control techniques?

- A. CBT-I
- B. Surgery only
- C. Chemotherapy
- D. Radiation therapy

96. Which factor is associated with healthy sleep duration for most adults?

- A. 7–9 hours per night
- B. 2–3 hours per night
- C. 15 hours per night only
- D. No sleep required

97. Which behavior may increase nighttime awakenings?

- A. Drinking large amounts of fluids before bed
- B. Following a bedtime routine
- C. Sleeping in darkness
- D. Exercising regularly

98. Which disorder involves unusual behaviors during sleep?

- A. Parasomnia
- B. Hypertension

- C. Diabetes
- D. Arthritis

99. Which strategy can help calm the mind before sleep?

- A. Deep breathing exercises
- B. Playing loud games
- C. Consuming caffeine
- D. Working intensely

100. Why is treating insomnia important?

- A. It improves overall health and daily functioning
- B. It guarantees perfect health forever
- C. It eliminates all stress permanently
- D. It removes the need for sleep