



## TeamstersCare Wellness Program Video Quiz

Name: _____
<b>Member's</b> last four digits of SS # _____
Phone number: _____
E-mail address: _____
Date completed: _____

### Mindfulness for Sleep and Stress Management (Please circle one answer)

- 1) You enter REM sleep before nonREM sleep. True or False
- 2) You lose time spent in REM sleep as you get older. True or False
- 3) Seven to nine hours is the recommended amount of sleep for adults. True or False
- 4) Stress does not affect your sleep patterns. True or False
- 5) Exercising, eating healthy, and making time for self-care are all ways you can help manage stress. True or False

After watching the video, answer the questions above, print the quiz and submit to TeamstersCare by e-mailing to [wellness@teamsterscare.com](mailto:wellness@teamsterscare.com) or faxing to: **617-241-8168.**