**Circadian Rhythms and Sleep in Aging: Multiple Choice Questions for Final Exam**

Correct answers in **BOLD**

1. What is the principle zeitgeber that entrains the biological clock to the solar light-dark cycle:
2. **Light (e.g., sunlight)**
3. Lebron James
4. Exercise and physical activity
5. Food
6. Which of the following is not a method for measuring sleep quality:
7. Polysomnography
8. Actigraphy
9. Pittsburgh Sleep Quality Index
10. **Counting sheep**
11. Which of the following is the best definition for sleep latency:
12. **How long it takes a person to fall asleep each night**
13. The duration that a person sleeps each night
14. A bird of prey from the Jurassic era
15. The number of times a person wakes up over the course of a night