

Facts or Fiction Climb Answer Key

Possible Five Claims (from easiest → hardest):

1. "Some ancient civilizations slept in two separate shifts."

Why easy: Historians have written about "biphasic sleep"; this can be confirmed in history or science articles.

2. "Most adults need exactly eight hours of rest to stay healthy."

Why moderate: It's widely discussed in sleep research; easy to find general agreement but not exactness.

3. "People who use phones before bed lose two hours of sleep every night."

Why harder: Many studies discuss phone use and sleep, but the number "two hours" is exaggerated and varies widely.

4. "Drinking warm milk increases deep sleep by 50%."

Why hard: Very specific statistic with no source; would require a scientific study that likely doesn't exist.

5. "The human brain completely shuts down during sleep."

Why hardest: It's flatly false - the brain remains active during sleep. Also impossible to "verify" something that's biologically wrong.

Patterns Students Should Notice:

Easiest claims are specific but realistic - they deal with measurable or historical information.

Hardest claims sound extreme, use perfect numbers or dramatic language ("completely," "exactly," "proven"), or lack any clear source.

Key Takeaway: The more emotional, extreme, or specific-without-sources a claim is, the harder it is to fact-check - and the more likely it is to be wrong.