POST-TEST

Questions, Sleep and Sleep Disorders / single best answer

1) Sleep is required for
   a. Repair of Cells
   b. Hormone Secretion
   c. Energy Conservation
   d. Learning and Memory
   e. All of the above

2) Hypocreatin/Orexin is
   a. Hypothalamic peptides
   b. Predominantly active during sleep
   c. Drug use for insomnia
   d. None of the above

3) How one could get good sleep
   a. Establish a regular schedule with consistent bed and wake times
   b. Create a sleep-promoting environment that is comfortable, quiet, dark and preferably cool
   c. Avoid watching the clock
   d. Limit naps
   e. All of the above
4) Which of the following habits disturb sleep
   a. Caffeine and Alcohol use
   b. Smoking or chewing tobacco
   c. Sedentary lifestyle
   d. None of the above
   e. All of the above

5) Which of these Medication causes insomnia
   a. Bronchodilators
   b. Corticosteroids
   c. Decongestants
   d. Beta blockers
   e. All of the above

6) Which of the following is most effective in chronic insomnia treatment
   a. Sleeping pills
   b. Watching TV, while trying to sleep in the bedroom
   c. Taking a prolonged nap in the afternoon
   d. Cognitive-behavioral therapy (CBT)
   e. None of the above

7) Restless Leg Syndrome is associated with all of the following except
   a. Iron Deficiency
b. Pregnancy

c. End-stage renal disease

d. Hypercholesterolemia

8) **Obstructive Sleep Apnea syndrome (OSA) is defined by**

   a. Difficulty in falling asleep at night for more than 3 months

   b. Walking up at night and unable to fall back to sleep

   c. Apnea Hypopnea index (AHI) of more than 5 during sleep

   d. All of the above

9) **Which of the following is the correct definition of Apnea in adults?**

   a. Absence of nasal and oral air flow during sleep greater than 20 seconds

   b. Absence of nasal and oral air flow during sleep greater than 5 seconds

   c. Absence of nasal and oral air flow during sleep greater than 15 seconds

   d. Absence of nasal and oral air flow during sleep greater than 10 seconds

   e. Absence of nasal and oral air flow during sleep greater than 2 seconds

10) **Treatment of Restless Leg syndrome includes all of the following except**

    a. Iron replacement therapy in iron deficiency

    b. Dopamine agonists

    c. Anti-epileptic agents

    d. CPAP therapy

    e. Opiates
Answers:

1) e;
2) a;
3) e;
4) e;
5) e;
6) d;
7) d;
8) c;
9) d;
10) d;