

Mindful Continuing Education

Sleep Disorders

1. All but one of the following are not sleep disorders. Please identify the one disorder that does not belong.

- A. Insomnia
 - B. Restless Legs Syndrome
 - C. Sleep Exhaustion
 - D. Sleep Apnea
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2. There are how many different stages in the sleep cycle?

- A. 2
 - B. 4
 - C. 6
 - D. 3
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3. Which stage of the sleep cycle is the most active stage for the brain?

- A. Stage 1
 - B. Stage 2
 - C. Stage 3
 - D. Stage 4
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4. Approximately how long does it take for REM sleep to occur in stages?

- A. 30 minutes
 - B. 60 minutes
 - C. 90 minutes
 - D. 120 minutes
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5. Which of the following statements are true?

- A. Individuals with childhood trauma are more likely to experience sleep disorders than others.
 - B. Individuals with trauma experience the most sleep issues.
 - C. Sleep does not generally impact mental health.
 - D. Benzodiazepines should be prescribed without worry for chronic sleep disturbances.
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6. All of the following therapeutic modalities except one are helpful for treating sleep. Which does not belong?

- A. Cognitive Behavioral Therapy
 - B. Mindfulness practices
 - C. Exposure Therapy
 - D. EMDR or trauma therapies
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7. High school students that slept less than _____ hours of sleep per night were three times more likely to attempt suicide.

- A. Less than 6 hours of sleep per night
 - B. Less than 8 hours of sleep per night
 - C. Less than 4 hours of sleep per night
 - D. Less than 3 hours of sleep per night
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8. Which of the following is a helpful strategy for improving sleep?

- A. Drinking more alcohol
 - B. Trying to sleep in a new environment
 - C. Sleeping in a warm environment
 - D. Going to bed and waking up at the same time every day
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9. All of the following except one are short-term symptoms of lack of sleep. Which does not belong?

- A. Forgetting important things
 - B. Taking longer than normal to react to situations
 - C. Blood pressure issues
 - D. Desire to overeat
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10. Babies require how many hours of sleep per day to appropriately develop

- A. 12
 - B. 14
 - C. 16
 - D. 18
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