

# 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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