Care CEUs

Sleep Deprivation

1. A fellow health care professional has questions regarding sleep deprivation. Which of the following informational points of interest should be communicated to the health care professional regarding sleep deprivation?

A. Sleep deprivation is considered to be a specific disease.
B. Sleep deprivation typically results from other illnesses, conditions, disorders, and/or life styles.
C. Sleep deprivation does not affect individuals over the age of 65.
D. Sleep deprivation does not affect individuals under the age of 65.

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2. A 25-year-old patient has questions about how much sleep he should get per night. According to the course, how much sleep is recommended for a 25-year-old individual?

A. Under 7 hours per night.
B. 7 or more hours per night.
C. 10 or more hours per night.
D. 12 or more hours per night.

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3. According to the course, which of the following is a potential symptom of sleep deprivation?

A. Chronic constipation
B. Polyuria
C. Weight loss
D. Weight gain

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4. Which of the following statements regarding insomnia is most accurate?

A. Insomnia may be characterized by early morning awakening.
B. Insomnia may be characterized by cataplexy.
C. Insomnia may be characterized by a loss of hypocretin.
D. Insomnia may be characterized by interrupted breathing during sleep.

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5. A 26-year-old male patient has questions regarding restless leg syndrome (RLS). Which of the following educational points should be expressed to the patient?

A. RLS does not affect males.
B. The overwhelming urge to move the legs, associated with RLS, is the same for each individual.

C. The overwhelming urge to move the legs, associated with RLS, may be different for each individual.
D. Individuals with RLS often use a continuous positive airway pressure (CPAP) device.

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6. A fellow health care professional has questions regarding sleep deprivation associated psychosis. Which of the following informational points of interest should be communicated to the health care professional?

A. Delusions occur when individuals see or hear things that others do not see or hear.
B. Delusions are hallucinations that involve reality distortion.
C. Delusions are false beliefs.
D. Delusions are not associated with psychosis.

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7. A 30-year-old male patient has questions regarding obesity and sleep deprivation. Which of the following educational points should be expressed to the patient?

A. A male adult may be considered to be obese when his BMI is greater than or equal to 18 kg/m2? ?.
B. A male adult may be considered to be obese when his BMI is greater than or equal to 20 kg/m2? ?.
C. An adult may be considered to be obese when his or her BMI is greater than or equal to 25 kg/m2? ?.
D. An adult may be considered to be obese when his or her BMI is greater than or equal to 30 kg/m2? ?.

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8. Which of the following best represents a sleep hygiene recommendation?

A. Seek natural light (i.e., light from the sun) at appropriate times throughout the day.
B. Only seek natural light in winter months.
C. Only seek natural light in summer months.
D. Avoid natural light.

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9. Which of the following best represents a sleep hygiene recommendation?

A. Eat a large meal before bedtime.
B. Eat a large meal, consisting of red meat, before bedtime.
C. Individuals over the age of 65 should eat a large meal before bedtime.
D. Avoid large meals before bedtime.

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10. A 20-year-old male patient has questions regarding the use of electronic devices before bedtime. Which of the following educational points should be expressed to the patient?

A. Individuals working to prevent sleep deprivation should stop using electronic devices, at least, 5 - 10 minute before bedtime.

B. Individuals working to prevent sleep deprivation should stop using electronic devices, at least, 10 - 15 minute before bedtime.
C. Individuals working to prevent sleep deprivation should stop using electronic devices, at least, 30 - 60 minute before bedtime.
D. Individuals working to prevent sleep deprivation should use electronic devices right before bed.

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11. Which of the following best represents a sleep hygiene recommendation?

A. Avoid excessive naps (i.e., naps lasting over 10 - 15 minutes) during the day.
B. Avoid excessive naps (i.e., naps lasting over 30 - 120 minutes) during the day.
C. Individuals over the age of 65 should not take naps.
D. Individuals with chronic pain should not take naps.

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12. A 42-year-old female patient has questions regarding nutrition as a means to address sleep deprivation. Which of the following educational points should be expressed to the patient?

A. Individuals should consume less than 10 percent of calories per day from added sugars.
B. Individuals should consume more than 10 percent of calories per day from saturated fats.
C. The recommended amount of vegetables in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 1 cup-equivalent of vegetables per day.
D. The recommendation for protein foods in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 21?2 ounce equivalents of protein foods per day.

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13. A fellow health care professional has questions regarding physical activity recommendations for individuals ages 6 - 17 years. Which of the following informational points of interest should be communicated to the health care professional?

A. Children and adolescents should do 20 minutes of physical activity daily.
B. Children and adolescents should do 30 minutes of physical activity daily.
C. Children and adolescents should do 40 minutes of physical activity daily.
D. Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

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14. What is the recommended initial dose of Lunesta?

A. 1 mg
B. 5 mg
C. 10 mg
D. 20 mg

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15. A fellow health care professional has questions regarding Sonata. Which of the following informational points of interest should be communicated to the health care professional?

A. Sonata is a selective serotonin reuptake inhibitor.
B. Sonata is indicated for the long-term treatment of insomnia.

C. The recommended dose of Sonata for most nonelderly adults is 20 mg.
D. The dose of Sonata should be reduced to 5 mg in patients with mild to moderate hepatic impairment.

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16. A 24-year-old female patient has questions regarding Restoril. Which of the following educational points should be expressed to the patient?

A. Restoril is indicated for the long-term treatment of insomnia. The recommended typical adult dose of Restoril is 15 mg before bedtime. Restoril is not typically associated with drowsiness, headaches, or fatigue. Restoril is safe to use during pregnancy.
B. The recommended typical adult dose of Restoril is 15 mg before bedtime.
C. Restoril is not typically associated with drowsiness, headaches, or fatigue.
D. Restoril is safe to use during pregnancy.

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17. Which of the following medications is indicated for the treatment of RLS?

A. Ambien
B. Rozerem
C. Requip
D. Mirtazapine

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18. What is the recommended maximum dose of trazodone?

A. 200 mg
B. 400 mg
C. 600 mg
D. 800 mg

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19. Which of the following statements regarding medication reconciliations is most accurate?

A. Medication reconciliations should only be used for controlled substances.
B. Medication reconciliations should only be used to identify oral medications.
C. Medication reconciliations should only be completed when patients are on 5 or more medications.
D. Medication reconciliations should be used to compare the medications a patient is taking/should be taking with newly ordered medications.

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20. A health care professional identifies that a specific patient, suffering from sleep deprivation, may be suicidal. Which of the following Joint Commission recommendations may help protect the at-risk patient?

A. Conduct a risk assessment that identifies specific patient characteristics and environmental features that may only increase the risk for suicide.
B. Address the patient’s immediate safety needs, if the patient is over the age of 65.

C. Address the patient’s most appropriate setting for treatment.
D. Do not provide suicide prevention information to the patient or his or her family.

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