

# Cheap Nursing CEUs

## Sleep Disorders

1. The healthcare provider is educating a patient on their treatment plan for insomnia. What would the healthcare provider include as an effective treatment option?

- A. Positive airway pressure while sleeping
  - B. Cognitive behavior therapy
  - C. Pneumatic pressure therapy
  - D. Increase caffeine intake
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2. What would indicate to the healthcare provider that a patient may be suffering from insomnia?

- A. Waking up with feelings of fear and anxiety
  - B. Snoring while asleep
  - C. Sleepwalking
  - D. Excessive daytime sleepiness
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3. The healthcare provider is assessing an 8-year-old patient who reports trouble sleeping. Which of the following would indicate to the healthcare provider that the patient has parasomnia?

- A. Bedwetting while asleep
  - B. Cataplexy
  - C. Snoring while asleep
  - D. Headache when waking up
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4. At what stage in the sleep cycle do night terrors typically occur?

- A. When falling asleep
  - B. Non-rapid eye movement (REM)
  - C. Rapid eye movement (REM)
  - D. When waking up
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5. A patient recently diagnosed with obstructive sleep apnea asks the healthcare provider “What caused my diagnosis?” Which of the following would the healthcare provider identify as a risk factor for obstructive sleep apnea?

- A. Obesity
- B. Recent head injury

- C. Fever**
  - D. Stress**
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**6. The healthcare provider is providing education to a patient with obstructive sleep apnea. What statement would the healthcare provider use to explain positive airway pressure to the patient?**

- A. "A surgical procedure to remove tonsils and adenoids to open up the airway."**
  - B. "A inflatable device that compresses the legs to improve stimulation."**
  - C. "A surgical procedure that reduces soft tissue around the airway."**
  - D. "A machine forcibly pushes air into the airway during sleep to keep the airway open."**
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**7. What is a risk factor for narcolepsy?**

- A. High levels of hypocretin**
  - B. Recent head injury**
  - C. Obesity**
  - D. Pregnancy**
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**8. A patient recently diagnosed with narcolepsy asks the healthcare provider "How do I cure my narcolepsy?" What statement would the healthcare provider respond with?**

- A. "The right medications will cure narcolepsy."**
  - B. "Napping whenever you feel tired will help your symptoms."**
  - C. "There is no cure, but medications and lifestyle changes can help manage symptoms."**
  - D. "Positive airway pressure while sleeping will cure narcolepsy."**
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**9. Which of the following is a diagnostic criteria for restless legs syndrome?**

- A. The uncomfortable sensation is relieved by activity**
  - B. The uncomfortable sensation occurs when waking up**
  - C. The uncomfortable sensation is relieved by rest**
  - D. The uncomfortable sensation can be attributed to medication side effects**
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**10. The healthcare provider is educating a patient on their treatment plan for restless legs syndrome. What would the healthcare provider include as an effective treatment option?**

- A. Cognitive behavior therapy**
  - B. Decrease daily exercise**
  - C. Scheduled naps during the day**
  - D. Pneumatic pressure therapy**
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