

# Cheap Nursing 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/m<sup>2</sup> ?.
  - B. A male adult may be considered to be obese when his BMI is greater than or equal to 20 kg/m<sup>2</sup> ?.
  - C. An adult may be considered to be obese when his or her BMI is greater than or equal to 25 kg/m<sup>2</sup> ?.
  - D. An adult may be considered to be obese when his or her BMI is greater than or equal to 30 kg/m<sup>2</sup> ?.
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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.
  - 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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