

# 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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