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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