

# 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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