

Sleep Disorder Quiz Questions

1. What is the optimal time for a 'power nap'?
a) 5 minutes
b) 15 minutes
c) 30 minutes
d) 45 minutes
2. Growth hormone is produced during what phase of sleep?
a) REM
b) Non REM
3. Delayed Sleep Phase Syndrome is more common in:
a) Teenage
b) Middle age
c) Old age
4. Obstructive Sleep Apnoea is not associated with:
a) Hypertension
b) Atrial Fibrillation
c) Insulin Resistance
d) Hypothyroidism
5. What is the most useful investigation for Insomnia?
a) Actigraphy
b) Polysomnography
c) Sleep Diary
6. What is the half life of Zopiclone?
a) 4-6 hours
b) 6-8 hours
c) 8-10 hours
7. Night terrors are associated with
a) Sleep walking
b) Frightening dreams
c) REM sleep
8. What is the prevalence of Obstructive Sleep Apnoea Syndrome in men?
a) 2%
b) 4%
c) 6%
9. What is the most commonly successful treatment for OSA in children?
a) CPAP
b) Adenotonsillectomy
c) Mandibular Advancement Splint
d) Weight reduction
10. REM Sleep Behaviour Disorder occurs predominantly in:
a) Young men
b) Menopausal women
c) Older men