

OT Mastery

Rest and Sleep Across the Lifespan

1. What is the best definition for sleep?

- A. A comprehensive way to store memories
 - B. An integral activity for physical well-being
 - C. An activity that allows someone to recover energy after learning and participating in activities while awake
 - D. None of the above
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2. What is not one of the five stages of sleep?

- A. Non-REM 4
 - B. Non-REM 1
 - C. Non-REM 2
 - D. REM
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3. Is sleep considered an ADL or an occupational domain?

- A. ADL
 - B. Occupational domain
 - C. Practice area
 - D. ADL and occupational domain
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4. What may a lack of sleep be viewed as?

- A. Occupational imbalance
 - B. Occupational alienation
 - C. Occupational deprivation
 - D. All of the above, depending on someone's circumstances
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5. What negative health outcome is not associated with sleep difficulties?

- A. Low fertility
 - B. Migraines
 - C. Obesity
 - D. All of the above
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6. What may cause someone to have difficulty sleeping?

- A. Light exposure
 - B. Jet lag
 - C. Both A & B
 - D. Getting up early the previous morning
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7. What supplement/medication is not known to cause sleep concerns as a side effect?

- A. Ginger
 - B. Antidepressants
 - C. Corticosteroids
 - D. Bronchodilators
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8. Why is it natural to experience sleep difficulties as you age?

- A. Loneliness may cause difficulty sleeping
 - B. Older adults typically have more chronic conditions, which may cause sleep difficulties along with medication side effects
 - C. Mental and physical stimulation decreases with age and can cause brain changes
 - D. Both B & C
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9. What is not a category of sleep-based interventions?

- A. Cognitive restructuring
 - B. Lifestyle modifications
 - C. Sleep hygiene
 - D. Non-pharmacological sleep aids
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10. What is the most ideal example of sleep hygiene?

- A. Adjusting room temperature
 - B. Adding noise to the room
 - C. Getting different bedding
 - D. Sleeping in a different position every night
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11. What assistive devices may help improve the sleep of someone who has TMJ/TMD?

- A. Adapted pillow
 - B. Mouthguard
 - C. Bed alarm
 - D. Sleeping pad
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12. What is an example of a behavioral modification that someone might adopt to improve their sleep hygiene?

- A. Starting an exercise program
 - B. Cutting back on water a few hours before bed
 - C. Eliminating caffeine after lunch
 - D. All of the above
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13. What is not an example of a relaxation technique someone can use to help with sleep?

- A. Guided imagery
 - B. Sleeping pills
 - C. Progressive muscle relaxation
 - D. Mindfulness training
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14. What complementary health approach and integrative health modality is not an evidence-based, long-term way to help improve someone's sleep?

- A. Biofeedback
 - B. Bright light therapy
 - C. Acupuncture
 - D. None of the above
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15. What has bright light therapy been most helpful for?

- A. Insomnia after mild to moderate stroke
 - B. Sleep disturbances in those with migraines
 - C. Regulating sleep for those undergoing chemotherapy
 - D. All of the above
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16. It is most crucial for what sleep-related health conditions to be managed in order to improve someone's ability to rest?

- A. OSA and CSA
 - B. RLS
 - C. TMJ/TMD
 - D. All of the above
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17. How does sleep restriction therapy work?

- A. It prevents someone from sleeping at all so they don't miss it
 - B. It involves keeping your same sleep schedule until it's successful
 - C. It involves sleep consolidation so people gradually lessen the time they are in bed
 - D. None of the above
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18. What does stimulus control therapy do for people with sleep problems?

- A. It involves napping for only 15 minutes at a time
 - B. It involves practicing relaxation techniques at specific intervals to help fall asleep
 - C. It uses the 15-minute rule to prevent patients from staying in bed if they can't sleep in that time frame
 - D. None of the above
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19. What is one of the most effective exercise-based sensory strategies to help children who struggle with sleep?

- A. Body socks
 - B. Heavy work and proprioceptive exercises
 - C. Spinning activities
 - D. Jumping activities
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20. Can all sleep concerns be fixed?

- A. It depends on how hard a person tries to fix sleep difficulties
 - B. It depends on a person's circumstances and what is causing the sleep difficulties
 - C. No, sometimes poor sleep is something we need to accept
 - D. No, the only way to permanently fix sleep concerns is to take medication
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