

# 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
- 

### 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
- 

**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
- 

**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
- 

**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
- 

**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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