

## CME Test Questions

# SLEEP DISORDERS AND CHRONIC INSOMNIA

1. Which of the following diagnostic systems is currently used by most sleep disorder specialists?
  - a. World Health Organization *ICD*
  - b. *DSM-IV*
  - c. *ICSD*
  - d. Diagnostic Classification of Sleep and Arousal Disorders
  
2. Which of the following is a primary sleep disorder according to the *DSM-IV*?
  - a. periodic limb movement disorder
  - b. dyssomnia
  - c. obstructive sleep apnea
  - d. All of the above
  
3. Which of the following statements is false?
  - a. The percentage of stage 3-4 NREM sleep is decreased in children and teenagers.
  - b. Reduced latency to REM sleep is often seen in depression.
  - c. Most stage 3-4 NREM sleep occurs in the first half of the night.
  - d. Stage 1 elevations are often seen in sleep disorders characterized by fragmented sleep.
  
4. Which of the following applies to individuals with primary insomnia?
  - a. decreased metabolic rate
  - b. low homeostatic sleep drive
  - c. depressed urinary free cortisol
  - d. decreased body temperature
  
5. BzRL hypnotics
  - a. decrease total sleep time.
  - b. delay sleep onset.
  - c. increase wake time after sleep onset.
  - d. produce improvements in perceived sleep quality.
  
6. Which of the following sleep parameters is not characteristic of patients with fibromyalgia, compared with age-matched controls?
  - a. reduced arousals
  - b. reduced REM sleep
  - c. reduced slow-wave sleep
  - d. alpha intrusions in NREM sleep
  
7. Sleep disturbances in patients with chronic pain
  - a. appear to be disease-specific.
  - b. rarely exhibit a bidirectional relationship.
  - c. involve dysregulation of CRF.
  - d. are generally independent of coexisting depression and anxiety disorders.
  
8. Which of the following is true?
  - a. The ninth and tenth revisions of the *International Classification of Diseases* define clusters of insomnia patients sharing similar clinical histories.
  - b. The *ICSD* attempts to broadly differentiate organic versus nonorganic insomnia etiologies.
  - c. A diagnosis of insomnia requires the patient to exhibit daytime consequences of a nighttime sleep disturbance.
  - d. All of the above
  
9. Current prescribing guidelines for the pharmacological treatment of insomnia tend to discourage extended treatment, even when chronic hypnotic use would be judged as the best clinical course.
  - a. True
  - b. False
  
10. Chronic insomnia
  - a. is usually maintained by the same factors that stimulated sleeplessness originally.
  - b. may exist as a primary disorder.
  - c. is defined as inadequate sleep lasting 3 months or more.
  - d. All of the above

*CME Test Questions*  
**SLEEP DISORDERS AND CHRONIC INSOMNIA**

**11. A useful approach, currently, is to define chronic insomnia using a duration of at least 6 months of inadequate sleep.**

- a. True
- b. False

**12. Treatment of insomnia can**

- a. prevent future chronic insomnia.
- b. prevent associated psychiatric disorders.
- c. decrease the societal burden of this disorder.
- d. All of the above

# *CME Test Answer Sheet and Evaluation Form for* **SLEEP DISORDERS AND CHRONIC INSOMNIA** Volume 6, Supplement 1C

**Release Date of Activity: September 2004**

**Expiration Date of Activity for AMA/PRA credit: September 2006**

**Estimated Time to Complete this Activity: 1.75 hours**

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### **CME TEST**

*(Please circle correct answers)*

- |            |             |
|------------|-------------|
| 1. a b c d | 7. a b c d  |
| 2. a b c d | 8. a b c d  |
| 3. a b c d | 9. a b      |
| 4. a b c d | 10. a b c d |
| 5. a b c d | 11. a b     |
| 6. a b c d | 12. a b c d |

***COURSE EVALUATION: Please rate the overall course on a scale of 1 to 5, with 1 the lowest and 5 the highest.***

1. Did the material provide an adequate overview of sleep disorders and chronic insomnia? **1 2 3 4 5**

2. How well did the material explain sleep disorders and chronic insomnia? **1 2 3 4 5**

3. How well did the material discuss pharmacologic as well as nonpharmacologic treatment options? **1 2 3 4 5**

4. Did the material explain underlying factors for sleep disorders and chronic insomnia? **1 2 3 4 5**

5. Were the articles appropriate to the topic of this issue of *Clinical Cornerstone*?

Yes  No  Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



6. Did you find the information presented to be objective, fair, balanced, and free of commercial bias?

Yes  No  Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Give at least one example of how the content of this publication will be of use in your clinical practice.

\_\_\_\_\_  
\_\_\_\_\_

8. When you receive literature that is accredited for AMA/PRA CME versus literature that is not accredited for CME, which are you more likely to review?

CME  Non-CME  Does not matter

9. If CME certification is important to you, where do you prefer it come from?

Professional Society  Medical School/Hospital  Private CME provider  Does not matter

10. Do you have any recommendations to improve this publication?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. What topics would you suggest for future issues?

\_\_\_\_\_  
\_\_\_\_\_  
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### CME INSTRUCTIONS

This issue of *Clinical Cornerstone* provides 1.75 free Category 1 CME credits. To receive FREE CME credit, forward the Test Answer Sheet and Evaluation Form to the address shown below. A photocopy of this form is acceptable. (Refer to p. S3 for CME Information.)

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