Sleep Disorders Part 1: Children and Adolescents

1) The average amount of time a person spends in Stage 1 of NREM sleep is approximately
   a) 7 minutes
   b) 14 minutes
   c) 28 minutes
   d) 56 minutes

2) Stage 2 of NREM sleep has short periods of brain activity that occur in rhythmic patterns which are known as ____ which are essential for consolidating information learned throughout the day to become part of memory.
   a) Sleep spindles
   b) Warp and weft
   c) Dynamic oscillations
   d) Peaks and valleys

3) During which stage of NREM sleep do some types of sleep disorders begin to manifest as behaviors?
   a) Stage 1
   b) Stage 2
   c) Stage 3
   d) Stage 4

4) Because of the difference between ____ brain activity and ____ body and muscle activity during REM sleep, REM sleep is sometimes referred to as the paradoxical stage of sleep.
   a) High, Low
   b) High, High
   c) Low, High
   d) Low, Low

5) Which is the only hormone sold in the United States that is available over the counter?
   a) Melatonin
   b) Human Growth Hormone
   c) Epinephrine
   d) Estrogen

6) Cortisol is sometimes referred to as a ____ hormone.
   a) Happy
   b) Depression
   c) Activating
   d) Stress
7) In general, a child is getting enough sleep if he or she can fall asleep in under ____ minutes.
   a) 30
   b) 45
   c) 60
   d) 75

8) Teens may be more likely to develop ____ syndrome, in which the circadian rhythms are shifted and they may have trouble getting to sleep until very late at night or even early in the morning.
   a) Diurnal Sleep Onset
   b) Bimodal Sleep Inception
   c) Delayed Sleep Phase
   d) Sleep Arrhythmia

9) Enuresis alarms are more effective for children over age ____ who have difficulties with bedwetting but who are also mature enough to understand the concept.
   a) 7
   b) 9
   c) 11
   d) 13

10) Which antidepressant has been shown to improve bedwetting and lead to longer episodes of dryness for up to 50 percent of children who use it?
    a) Fluoxetine
    b) Trazodone
    c) Imipramine
    d) Bupropion

11) Sleep apnea is the cessation of breathing for more than ____ second, occurring while the person is asleep.
    a) 10
    b) 20
    c) 30
    d) 40

12) The most common form of apnea that occurs among children is
    a) Obstructive sleep apnea
    b) Mixed apnea
    c) Central sleep apnea
    d) Asthma induced apnea
13) Among children, obstructive sleep apnea can be caused by
   a) Enlarged tonsils
   b) Excess fat tissue in the neck
   c) Small bone structure of the face and neck
   d) All the above

14) Children with delayed sleep phase syndrome (DSPS) are often referred to as
   a) Possums
   b) Caterpillars
   c) Night owls
   d) Lunar moths

15) Some families have also experienced success with the hormone _____ to help
    with sleep and to reset the circadian rhythm.
   a) Melatonin
   b) HGH
   c) Epinephrine
   d) Estrogen

16) Sleepwalking peaks around age
   a) 4
   b) 8
   c) 12
   d) 16

17) Night terrors typically start after a child has been asleep for approximately
   a) 15 minutes
   b) 30 minutes
   c) 45 minutes
   d) 60 minutes

18) REM behavior disorder is often described as the
   a) Acting out of dreams
   b) Gateway to the unconscious
   c) Prelude to waking
   d) Window to Déjà vu

19) Sleep paralysis most commonly develops during
   a) Infancy
   b) Middle School
   c) The teen years
   d) Adulthood
20) Nightmares are more likely to occur ____ in the sleep cycle.
   a) Early
   b) Midway
   c) Later
   d) At any point

21) Which phase of the use and storage of memory seems to take place more while a person is asleep?
   a) Acquisition
   b) Recall
   c) Consolidation
   d) Utilization

22) A study noted in the Dartmouth Undergraduate Journal of Science showed that sleep deprivation increased cortisol levels by up to
   a) 30%
   b) 45%
   c) 60%
   d) 75%

23) In order to facilitate the regeneration and repair of muscle tissue, the body secretes ____ during the deepest time of sleep, the period of slow wave sleep.
   a) Melatonin
   b) Growth hormone
   c) Epinephrine
   d) Estrogen

24) This method to help with sleep disorders involves putting the child to bed and ignoring their tantrums and crying, but the parents periodically check on the child and provide soothing if necessary.
   a) Intermittent reinforcement
   b) Graduated extinction
   c) Good cop, bad cop
   d) Flooding

25) Which is a method of behavior modification that may be used in some circumstances where a child is awakening with sleepwalking, sleep talking, or night terrors.
   a) Bell and pad
   b) Cowardly Lion program
   c) Scheduled awakenings
   d) Tommy the Tuckered Turtle