



### **Post Test: Management of Insomnia using Behavioral Sleep Medicine**

1. Which statement is true about behavioral sleep medicine?
  - a. Behavioral sleep medicine integrates psychology with psychiatry to treat sleep dysfunction.
  - b. Behavioral sleep medicine integrates evidence-based research to identify appropriate medicines to treat depression and anxiety.
  - c. Behavioral sleep medicine integrates behavioral, physiological, and psychological assessments and therapies to treat sleep disorders.
  - d. Behavioral sleep medicine is focused solely on the power of the mind.
2. COMISA is a rare condition that is associated with untreated sleep apnea.
  - a. True
  - b. False
3. Co-morbid insomnia occurring with sleep apnea impacts:
  - a. Increased cardiometabolic risk
  - b. Circadian rhythm
  - c. Adherence with CPAP for treatment of sleep apnea
  - d. All the above
4. The clinical presentation of a patient with COMISA is described as:
  - a. Increased fatigue and inability to concentrate during waking hours
  - b. Moderate to severe apnea
  - c. Increased sleepiness without difficulty falling asleep and staying asleep
  - d. Both a and b
5. Treatment of insomnia in patients with moderate to severe sleep apnea may include:
  - a. PAP therapy
  - b. Cognitive behavioral therapy for the insomnia
  - c. The combination of PAP therapy and CBT-I to achieve better patient outcomes
  - d. All the above
6. The core components of CBT-I include:
  - a. Replacing dysfunctional beliefs about sleep
  - b. Reduction of muscle tension in bed using guided imagery
  - c. Optimizing sleep and daytime activities to improve sleep quality
  - d. All the above
7. These statements are true about CBT-I:
  - a. Normally does not improve sleep without supplemental sleep aids
  - b. CBT-I is as effective as sleep aids and maintains long term effectiveness
  - c. Is a structured program that focused on thoughts and behaviors that cause sleep problems with habits that promote sound sleep.
  - d. CBT-I is effective in 10-20% of patients with insomnia
8. The usual CBT-I session includes:
  - a. Education about normal sleep and causes of insomnia, such as ruminating on the inability to sleep
  - b. The correlation between current sleep patterns and activities that cause insomnia
  - c. Common misconceptions about sleep
  - d. All the above

9. A brief behavioral treatment for insomnia includes two components: teaching the brain to associate bed with sleep and restricting the time in bed to match perceived sleep duration.
  - a. True
  - b. False
10. Stimulus control is often described as sleep hygiene since it incorporates the same directions.
  - a. True
  - b. False