Insomnia Learning Assessment Questions
ACPE # 027-000-06-129-H01

1. Which stage or stages of sleep are responsible for the restoration and rejuvenation of the body?

A. Stage 1 and 2
B. Stage 3 and 4
C. Stage 2 and 3
D. REM

2. Which of the following characteristics is true of the Z-hypnotics?

A. Alpha-1 selectivity
B. Anxiolytic activity
C. Muscle relaxant activity
D. Anticonvulsant activity

3. When comparing clinical actions of benzodiazepines to the Z-hypnotics, which of the following applies to both classes of drugs?

A. Alpha-1 selectivity
B. Anxiolytic activity
C. CNS side effects
D. Suppress REM sleep

4. The hypnotic that is associated with a bad taste in the mouth is …

A. zoldipem
B. zaleplon
C. eszopiclone
D. ramelteon

5. A common cause of insomnia is …

A. exercising shortly after waking up in the morning
B. taking diuretics too close to bedtime
C. eating dimmer and/or drinking coffee long before bedtime
D. being elderly and female

6. How would you counsel a patient on good sleep hygiene (Cognitive Behavioral Therapy) habits to promote sleep?

A. Do not leave the bedroom, keep trying to fall asleep.
B. Read or watch TV in bed will make you sleepy.
C. Exercise rigorously close to bedtime to tire you out.
D. Seep only when sleepy.

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7. Which of the following medications does not have to be dose adjusted for the elderly or hepatic impairment?

A. ramelteon
B. zaleplon
C. eszopiclone
D. zolpidem

8. Which of the following statements is true about ramelteon?

A. Ramelteon binds to the GABA receptor complex.
B. Ramelteon has no abuse potential.
C. Ramelteon has shorter half-life and lower affinity for the MT1 receptors than melatonin.
D. Ramelteon is not a melatonin receptor agonist.

9. The Z-hypnotic that is preferred for short-term insomnia without causing cognitive impairment is…

A. zolpidem
B. zolpidem DR
C. zaleplon
D. eszopiclone

10. People who suffer from insomnia are more likely to experience …

A. decreased C-reactive protein
B. impaired psychomotor and memory function
C. late morning awakenings
D. no difficulty falling and maintaining sleep