

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

2. What is not one of the five stages of sleep?

- A. N4
- B. N1
- C. Waking
- D. REM

3. Is sleep considered an ADL or an occupational domain?

- A. ADL
- B. Occupational domain
- C. Practice area
- D. ADL and occupational domain

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

5. What negative health outcome is not associated with sleep difficulties?

- A. Low fertility
- B. Migraines
- C. Obesity
- D. Low blood pressure

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

7. What supplement/medication is not known to cause sleep concerns as a side effect?

- A. Ginger
- B. Antidepressants
- C. Corticosteroids
- D. Bronchodilators

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

9. What is not a category of sleep-based interventions?

- A. Cognitive restructuring
- B. Lifestyle-based modifications
- C. Sleep hygiene
- D. Non-pharmacological sleep aids

10. What is the most ideal example of sleep hygiene?

- A. Adjusting room temperature
- B. Adding loud noise to the room
- C. Watching TV before bed
- D. Sleeping in a different position every night

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

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. Restricting blue light exposure for 1.5 hours before bedtime
- 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

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. Obstructive sleep apnea
- B. Restless leg syndrome
- C. TMJ/TMD
- D. All of the above

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

18. What does stimulus control therapy do?

- A. It uses the 15-minute rule to prevent patients from staying in bed if they can't sleep in that time frame
- B. It involves practicing relaxation techniques at specific intervals to help fall asleep
- C. It involves napping for only 15 minutes at a time
- 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 exercise that offers proprioceptive input
- C. Spinning activities
- D. Jumping activities

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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