# 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

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

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

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

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

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**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

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

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

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**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

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

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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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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