Insomnia

Deadline: Postmarked no later than July 15, 2020
Credit: 2 AAMA CEUs (gen/clin) Code: 137900

Directions: Determine the correct answer to each of the following, based on information derived from the article.

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T F
1. Mindfulness-based therapy encourages patients to be aware of their insomnia—to lessen sleep-related anxiety and make falling asleep easier.

T F
2. Even though insomnia can have many negative effects on health overall, no significant evidence connects insomnia with a reduced life expectancy.

T F
3. Primary insomnia is a direct result of specific psychiatric or medical factors, such as an illness or over-the-counter or prescription medications.

T F
4. Patients with chronic insomnia generally have a higher risk of depression and heart disease.

T F
5. In recent years, treating insomnia with prescription medications has become a preferred approach because the medications have become safer.

T F
6. Because of the many recreational and leisure activities available, only 5% to 10% of U.S. adults have insomnia symptoms.

T F
7. Sleep apnea is a condition marked by pronounced leg twitches during sleep.

T F
8. Cognitive behavioral therapy for insomnia (CBT-I) consists of several treatment approaches (e.g., biofeedback, sleep restriction), not just one type of treatment.

T F
9. Sleep deprivation is characterized by an individual’s lack of opportunity to get enough sleep—due to a busy schedule or other factors—while insomnia is defined as an individual’s inability to get enough sleep despite having time available.

T F
10. Although CBT-I is an effective treatment for insomnia, the benefits of CBT-I seldom last more than six months.

T F
11. For a sleep specialist to diagnose a patient with insomnia, there must be evidence that a patient’s insomnia impacts how the patient is able to function during the day.

T F
12. Sleep specialist physicians may have backgrounds in pediatrics, neurology, or internal medicine.

13. Adjustment insomnia is attributable to a source of stress in a person’s life and typically lasts for a few days or weeks.

14. Prescription sleep medication can cause psychological dependence in patients.

15. There is little medical evidence that depression is a result of insomnia or that depression can cause insomnia.

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