

Learner Feedback Questions

- The average amount of sleep required by most adolescents is approximately:**
 - 7-8 hours in 24 hours
 - 12-14 hours in 24 hours
 - 10 hours in 24 hours
 - 9 hours in 24 hours
- The use of medications for the treatment of insomnia should:**
 - always include L-tryptophan, Valerian, or Melatonin as they are readily available over the counter and are less expensive than prescription medications.
 - be used for as long as the insomnia lasts regardless of whether they are over the counter or prescription because this ensures that the individual restores their depleted sleep debt.
 - be utilized when necessary and prescribed by a professional for no more than one to two weeks as this assists in the establishment of a regular sleeping schedule.
 - be obtained from internet sources as this is the most reliable and regulated system currently available and do not have to be prescribed by a professional.
- Sleep apnea (obstructive) risk factors that are most common include:**
 - female gender, overweight, family history, and female neck size greater than or equal to 17 inches
 - male gender, overweight, family history, over age 40, large tonsils, female neck size greater than or equal to 16 inches
 - female gender, overweight, family history, large tonsils, over age 50, and female neck size greater than or equal 17 inches
 - Male and female gender is equal, overweight, family history, over age 50, and history of tonsillectomy.
- The most common type of insomnia is:**
 - primary insomnia
 - obstructive insomnia
 - secondary insomnia
 - obstructive primary insomnia
- Treatment for sleep apnea (obstructive) include:**
 - CPAP, avoid sleeping on abdomen or side, smoking cessation, increase in Viagra dose, antihistamine therapy, and surgery.
 - Lose weight, CPAP, smoking cessation, increase in Viagra dose, antihistamine therapy, and dental devices.
 - CPAP, surgery, sleeping medications, change in sleeping positions, discontinuing Viagra, and dental devices.
 - Avoid alcohol, sleeping medications, sleeping on the back, smoking cessation, CPAP, and dental devices.
- Some of the symptoms of the most common type of insomnia include:**
 - Anxiety, depression, reduction in appetite before sleep, GERD, and flatulence.
 - Getting up late, overactive thyroid, going to bed early, GERD, and same sleep routine.
 - Restless legs syndrome, reduction in appetite before sleep, GERD, and flatulence.
 - Chronic pain, eating too much before sleep, poor sleep environment, change in sleep routine.
- The treatment of insomnia includes:**
 - Following a bedtime routine regularly, avoiding caffeine and tobacco too close to bedtime.
 - Having alcohol before bedtime, staying with a bedtime routine, avoiding medications that disrupt sleep.
 - Drinking warm tea about one hour before

- bedtime, having surgery for nonmalignant prostate enlargement.
- Losing 15 pound of body weight, avoiding over the counter medications too close to bedtime.
- The average amount of sleep required by most infants is approximately:**
 - 10-12 hours in 24 hours
 - 16 hours in 24 hours
 - 14 hours in 24 hours
 - 22 hours in 24 hours
 - Common symptoms of sleep apnea (obstructive) include:**
 - Increased interest in sexual activity, evening or late in the day headaches, awakening with a sore throat, dry mouth and often gasping for breath.
 - Sleepiness during waking hours increased interest in sexual activity, evening or late in the day headaches, awakening with a sore throat, dry mouth and often gasping for breath.
 - Morning headaches, decreased interest in sexual activity, awakening with a sore throat, dry mouth and often gasping for breath, mood changes, recurrent awakenings and insomnia.
 - Wakefulness during sleeping times, increased interest in sexual activity, awakening with a sore throat, dry mouth and often gasping for breath, evening or late in the day headaches.
 - Some of the causes of insomnia as a result of the changes of aging include:**
 - Increased sleep apnea, avoidance of caffeine and nicotine, more time in stage 3 sleep.
 - Going to bed earlier, more free time, less physical activity, female hot flashes.
 - Increased sleep apnea, increased use of nicotine or caffeine, lack of anxiety.
 - Going to bed later, increased use of nicotine or alcohol, lack of physical activity.

Evaluation

- Objectives were met**
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- Presenter had solid mastery of content**
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- Appropriate use of audiovisuals**
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- Good use of webinar technology**
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- Webinar was relevant to my practice**
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree

Sleep Disorders: Sleep Apnea and Other Common Sleep Disruptions

Earn 1 Contact Hour NOW!

Registration/Answer Form

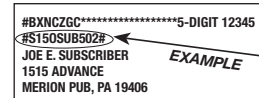
LEARNER FEEDBACK QUESTIONS

- A B C D
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- A B C D

Before **May 5, 2011**, print this page, complete the multiple choice questions by circling the correct answer and mail or fax to: *ADVANCE for Nurses*, Learning Scope, 2900 Horizon Dr., King of Prussia, PA 19406; 610-278-1426.

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EVALUATION

- A B C D E
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- A B C D E
- A B C D E

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| <input type="radio"/> Nursing Administrator | | |

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