

Please make copies of this page for all who will be watching this DVD. Before viewing the DVD, take a couple of minutes to complete these self assessment questions and the Epworth Scale (in the box below). Your results on the Scale will be discussed in the DVD, and the answers to these questions will be presented at the DVD's conclusion.

1. What are the names of the different stages of normal sleep?

- A. A, B, C, D, E, REM
- B. Non-REM 1, 2, 3 and 4; REM
- C. Alpha, beta, gamma, REM
- D. Light REM, deep REM, dreaming REM

2. What causes a person to feel sleepy in the afternoon and after midnight, but alert at other times of the day?

- A. Biorhythms
- B. Ultradian rhythms
- C. Circadian rhythms
- D. Eating lunch

3.A. If you lose one hour of sleep per night for 7 nights, it is equivalent to staying up all night for 24 hours. True or False

3.B. It only takes one good night's sleep to restore your entire sleep debt after a prolonged period of decreased sleep. True or False

4. If a person wakes up feeling groggy, they may be experiencing sleep inertia. True or False

5. How does alcohol affect sleep quality?

- A. Alcohol enhances sleep quality
- B. Alcohol worsens sleep quality

6. Which is NOT true about drinking coffee?

- A. Instantly increases alertness
- B. Has little effect on some and powerful effect on others
- C. Provides about 100 mg of caffeine
- D. Increases urine production (diuretic effect)

7. You are feeling tired after a long 24 hour shift, and you have a 45 minute commute home. What is the best option?

- A. Relax and drink a lot of coffee
- B. Sit in a bright room and listen to loud music
- C. Take a nap
- D. Exercise

8. Chronic sleep deprivation is associated with adverse health effects. Which one below is NOT associated with sleep deprivation?

- A. Musculoskeletal Injuries
- B. Cancer
- C. Peptic ulcer disease
- D. Heart disease

9. Fatigue is affected by which of the following:

- A. Hours slept
- B. Circadian rhythm
- C. Sleep disorders
- D. All of the above

10. How can you identify someone at risk for sleep apnea (circle all that apply)

- A. Excessive daytime sleepiness
- B. Loud, frequent snoring
- C. Being overweight and a neck size greater than 17 inches (male)
- D. Drives a 1963 pink cadillac
- E. A, B and C

Epworth Sleepiness Scale: How likely you are to fall asleep during these situations?

	would never doze off	slight chance of dozing off	moderate chance of dozing off	high chance of dozing off
1. Sitting and reading	0	1	2	3
2. Watching TV	0	1	2	3
3. Sitting and talking with someone	0	1	2	3
4. Passenger in a car for an hour	0	1	2	3
5. Lying down to rest in the afternoon	0	1	2	3
6. Sitting quietly after lunch	0	1	2	3
7. In a car stopped for a few minutes in traffic	0	1	2	3
8. Sitting inactive in a public place, like a meeting or classroom	0	1	2	3

Total number of points _____ (The total [0 to 24] is the Epworth score, and a value of 10 or higher indicates excessive sleepiness.