

POSTTEST

Credit will be awarded upon successful completion of assessment questions (70% or better) and completion of program evaluation.

RELEASE DATE: *October 1, 2007* EXPIRATION DATE: *September 30, 2008*

Please circle correct answer for each question

1. Chronic restriction of sleep to 6 hours or less per night for 2 weeks was found to produce cognitive performance deficits equivalent to:

- a. 1 night of total sleep deprivation c. 3 hours of sleep deprivation
b. 2 nights of total sleep deprivation d. No sleep deprivation; subjects physiologically adjusted to less sleep

2. Physiologic control of the sleep-wake cycle is generally believed to involve:

- a. A homeostatic system d. All of the above
b. Pituitary control of wakefulness e. Both a and c
c. A circadian pacemaker

3. Many of the neurons that help produce sleep and shut off the arousal system are located within:

- a. The ventrolateral preoptic area c. The cortex
b. A pathway that begins in the rostral pons and runs through the midbrain reticular formation d. The suprachiasmatic nucleus

4. Inhibitory neurotransmitters involved in inhibiting the arousal system include:

- a. Acetylcholine d. Norepinephrine
b. GABA e. Both c and d
c. Serotonin

5. People may be at risk for major depression if they experience symptoms of insomnia:

- a. For at least 2 days c. For at least 2 months
b. For at least 2 weeks d. There is no connection between insomnia and depression

6. Which of the following treatments have been found efficacious in treating insomnia?

- a. Valerian c. Cognitive behavioral therapy
b. Antihistamines d. Melatonin

7. FDA-approved pharmacologic treatments for insomnia include:

- a. Benzodiazepine receptor agonists c. A melatonin receptor agonist
b. Nonbenzodiazepine receptor agonists d. All of the above

8. Compared with benzodiazepines, nonbenzodiazepine receptor agonists:

- a. Have shorter half-lives c. Have fewer side effects
b. Bind more specifically to GABA-receptor complexes involved in sleep d. All of the above

9. Among the newer hypnotics, which of the following have no restriction for short-term use, and have also been approved for treating sleep onset and sleep maintenance?

- a. Zaleplon d. Zolpidem extended-release
b. Eszopiclone e. Both b and d
c. Ramelteon

10. The first nonscheduled hypnotic is:

- a. Ramelteon d. Eszopiclone
b. Flurazepam e. There are none
c. Zolpidem

Understanding insomnia

PROGRAM EVALUATION *Please complete the evaluation*

Have objectives for the activity been met?

Explain the roles of homeostatic sleep control and the circadian pacemaker in controlling the sleep-wake cycle

Yes No

Identify risk factors for insomnia and determine the appropriate screening for and diagnosis of insomnia

Yes No

Describe the correlation between insomnia and psychiatric disorders, especially depression

Yes No

Evaluate current and emerging treatment therapies for acute and chronic insomnia on the basis of efficacy and safety

Yes No

Was this publication fair, balanced, and free of commercial bias?

Yes No

CERTIFICATE REQUEST *Please print clearly*

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